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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

1.9
In3Hh

PROGRAM Housekeepers' Chat RELEASE Tues. Feb. 1

ANNOUNCEMENT: How to prepare a meal for unexpected company, including menu, recipes, and table decorations, is discussed in the Housekeepers' Chat today. Everything in the program has the approval of the U. S. Bureau of Home Economics.

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Before I got up this morning-- and I am a fairly early riser-- the telephone rang.

"Hello!" I said sleepily, and not very cheerfully. I never feel cheerful early in the morning, before daylight.

"Hello!" answered an excited voice. "Is this Aunt Sammy?"

"Yes. At least that's what a good many people call me."

"Will you help me, Aunt Sammy? I am in grave trouble! Disaster looms ahead!"

"I'll be right over," said I. "Give me your address. Is the house on fire, or has someone kidnapped the children?"

"Nothing so trite as that! My cousin from the West Indies has just sent me a telegram! He and his wife are on their way here, and will be my dinner guests today! I never in this world can prepare a company dinner without your help! I haven't time to do any marketing, because I must straighten the house. What shall I do?"

"Calm yourself," said I, "and tell me what foods you have on hand. That's always the first thing to do, in the case of unexpected company -- calm yourself, then take stock of the food in pantry and storeroom."

"Oh dear!" wailed the lady. "There isn't a thing in the house but some apples and cabbage, and a can of string beans, and some canned pears, and a cream cheese, and some eggs, flour, sugar, and chocolate. Oh yes, and a small glass of currant jelly. And no time to go to market! Isn't that disheartening?"

"Not at all," I answered. "Glad you mentioned the currant jelly, though. That solves the problem. We shall build the dinner around a small glass of currant jelly. A roast shoulder of lamb would go nicely with the currant jelly. A roast shoulder of lamb, with bread stuffing. You won't need to buy a thing but a shoulder of lamb."

[illegible] Chase

[illegible]

[illegible]

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Before I got up this morning-- [illegible]

"[illegible]" I said cheerily, and [illegible]
[illegible] to morrow, before daylight.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

As soon as I said that, the lady screamed. She was so upset, the poor thing!

"Listen!" said she, in despair. "I don't have anything else but cabbage and apples. And you know I can't serve plain applesauce, and common boiled cabbage, to people from the West Indies!"

"Perhaps not," I said. "But you might serve cabbage and apples baked together."

"Why! I never heard-- " said the lady, when I interrupted her.

"That's all right. I'm in charge of affairs now. Just hold the phone a minute, while I get my recipes, and a coat to throw over my shoulders. It's rather chilly this morning."

In one minute I had collected my recipes, and closed the door to my room, still like a refrigerator from the open windows.

Then, "Are you there?" I asked.

"Yes, Aunt Sammy," answered a doleful voice. I think she was crying.

"Find a pencil, and two or three sheets of paper. . . . . All right. First, write down this menu: Roast Stuffed Shoulder of Lamb; Baked Cabbage and Apples; String Beans; Currant Jelly; Pear Salad; and Chocolate Pie. Does that sound good enough for company, or for a Sunday dinner?"

"Yes," quavered the lady, "but I'm not much of a cook."

"I guessed that," said I. "But don't let it worry you. Now, since you've decided to be sensible and make the best use of what you have in the house, let's cook it. As soon as the stores are open, have your husband, or whoever runs your errands, buy a shoulder of lamb. The shoulder meat is tender, and of good flavor. Most people say the shoulder has the best flavor of any cut. The whole piece is generally lighter in weight than a leg of lamb, and sells for less per pound. Be sure to have the butcher take out the shoulder blade, so the roast will be easier to carve.

"Fill the cavity with bread stuffing. Here is the recipe for bread stuffing. Are you listening?"

"Yes, Aunt Sammy." It seemed to me that her voice had grown more steady.

"For the bread stuffing, you will need seven ingredients, as follows:

2 cups dry bread crumbs	1/2 teaspoon onion juice
4 to 6 tablespoons butter	1 teaspoon parsley or celery tops chopped fine
1/2 teaspoon salt	Small amount of thyme
1/8 teaspoon pepper	

"I shall repeat the seven ingredients: (Repeat.)

[illegible]

[illegible] I said [illegible] the lady [illegible]

thing!

"Listen!" [illegible] suspair. "I don't have anything else but [illegible] and spice [illegible] can't serve plain [illegible] licence, or common boiled cabbage [illegible] West Indies!"

"Bishop [illegible] said! "[illegible] you [illegible] for [illegible]

tog [illegible]."

"Why! I never [illegible] Lily, when I introduced her.

"[illegible] all right. [illegible] in charge of affairs now. [illegible] while I get my [illegible], and I don't [illegible] over my shoul[illegible] [illegible] morning."

[illegible] one mi[illegible] collected [illegible] cookery [illegible] will [illegible] refrigerator [illegible] [illegible] refrigerator.

[illegible] I said.

Just [illegible]

"Wind a pa[illegible] [illegible] write down [illegible] regular; strong [illegible] [illegible] for a [illegible] dinner."

[illegible] the lady. "[illegible] book."

[illegible] I said. [illegible] it [illegible] [illegible] remarkable [illegible] what you [illegible] [illegible] [illegible] [illegible] lamb [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible]

"The bread stuffing is very easy to make. Simply melt the butter, add the other ingredients, and mix them well together.

"Next, put this stuffing in the lamb shoulder, where the shoulder blade was removed. After the stuffing is in the cavity, sew the edges together, and place the meat in a baking pan. Rub salt, and pepper, and flour, all over the outside of the meat. Then brown the meat, thoroughly, in a little fat, in a hot oven. Cook the meat from two to three hours, in a slow oven. You do not need to baste the meat. Serve it piping hot. So much for the meat.

"Next on the list is-- or are-- Baked Cabbage and Apples. Are you ready to write the recipe for Baked Cabbage and Apples?"

"Yes indeed."

"Baked Cabbage and Apples require four ingredients, besides the cabbage and apples. That makes six, as follows:

2 quarts shredded cabbage	1 teaspoon sugar
1 quart sliced apples	2 teaspoons salt
2 to 4 tablespoons butter	1 cup buttered crumbs

"Check the ingredients, while I repeat: (Repeat.)

"Grease a baking dish. Make a layer of cabbage, then of apple. Sprinkle with sugar, salt, and dot with butter. Repeat until all the vegetable, and other ingredients, are used. On the last layer place the buttered crumbs. Cover, and bake until the cabbage and apples are tender. Remove the top of the baking dish so the crumbs can brown. Serve from the dish.

"Next you will open the string beans, with a can opener."

"Please, Aunt Sammy," interrupted the lady. "I know how to open a can of string beans!"

"I beg your pardon," said I. "I knew a lady once who never could decide which end of a can to open. Let me tell you this, though. Be sure to boil your string beans, ten minutes, before you add the seasonings. With the meat and vegetables taken care of, we're ready for the salad. Those canned pears you spoke of so slightingly are going to be made into a salad. A salad with a tasty new kind of cream cheese dressing. Are you still listening?"

"Oh yes, and I feel much better."

"That's fine. I want to give you the recipe for cheese dressing for salads. You can use it on the canned pear salad. For the cheese dressing, you will need:

1 neufchatel or cream cheese	1/2 teaspoon salt
1/2 cup salad oil	For seasoning, tabasco sauce, onion juice, a bit of garlic, or grated horseradish.
3 to 4 tablespoons lemon juice	

"Now I'll check the ingredients with you: (Repeat).

"Mash up the cheese, add the oil, and beat with a Dover egg beater, until thoroughly mixed. Add the other ingredients, and continue to beat until the mixture is smooth and creamy. Use this dressing in the same way as mayonnaise or any other salad dressing. For fruit salads it is particularly delicious if whipped cream is added.

"That finishes the salad. Are you ready for the dessert?"

"Sure!" said the lady. She was actually whistling to herself. I could hear it.

"For the chocolate pie filling, you will need eight ingredients:

2 cups milk	
1 square chocolate, unsweetened	2-1/2 tablespoons cornstarch
2 eggs	1/4 teaspoon salt
6 tablespoons sugar	1 teaspoon butter
	1/2 teaspoon vanilla

"That's eight, is it not? You have only seven? Something wrong. I'll say them again. (Repeat)

"Melt the chocolate over steam, and pour it into the scalded milk. Mix the cornstarch and the sugar, and add them to the hot milk and beat until smooth. Allow the cornstarch mixture to cook in the double boiler for ten minutes, remove from the fire, add the butter, salt, and the beaten egg yolks and the vanilla. Fill the prebaked pie crust with the mixture. Cover the top with a meringue. The meringue is made of 2 egg whites, beaten stiffly, 2 tablespoons sugar, 1/4 teaspoon vanilla, and a pinch of salt. Bake the pie in a slow oven, for about twenty minutes, or until the meringue is brown.

"There you are. A fine roast lamb dinner, and directions for cooking everything. Please check your menu, while I repeat it: Roast Stuffed Shoulder of Lamb; Baked Cabbage and Apples; String Beans, Fresh or Canned; Currant Jelly, or perhaps Mint Jelly, or a Sour Relish; Canned Pear Salad with Cheese Dressing; Chocolate Pie; and Coffee."

"Thank you so much," said the lady. "Now if I only had a small decoration for the table. Don't you think that would help, Aunt Sammy?"

"Undoubtedly. What do you have, in the line of table decorations?"

"Nothing but a pink geranium, in a pot, and two pink candles, left over from the holidays. Would they do?"

"That will be splendid. In fact, a spicey pink geranium is just the decoration for a roast lamb dinner. Put the pink geranium in the center of the table. The pink candles, in simple glass candle sticks, will look very nice, one on each side of the pink geranium."

"You are such a help," said the lady. "I hope your arm isn't tired, holding the receiver so long."

"Not at all," said I. "Don't mention it."

And she hung up, before I had a chance to tell her about the Radio Cookbooks, which I'm so proud of. Perhaps she'll call again, for more advice.

I also meant to tell her to save any left-over roast lamb for luncheon the next day. She might not think of it. Cold roast lamb is very good, too, with -- But that's another menu, and I've done my stint for today.

Please send in your suggestions for February recipes, right away, so I can plan the programs ahead.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed., Feb. 2.

1.9
In3Hh

Reserve

ANNOUNCEMENT: What to wear and when to wear it is the sum and substance of Today's Chat. The recipe which concludes the program has been developed by the U.S. Bureau of Home Economics.

ANNOUNCER'S ATTENTION: Please tell your listeners that the second supplement to the cookbook-- that is, the third set of recipes-- will be ready for mailing in about a week. It was necessary to order a reprint of the cookbook, which delayed work on the second supplement.--"Aunt Sammy."

****

The first thing on the program today is an answer to a letter from a high school girl, who says please not to broadcast her name. I won't, but I am going to read a page of the letter:

"Dear Aunt Sammy: I wonder if you could devote part of a program to the discussion of appropriate clothes for a high school girl who lives in a small town. I have plenty of clothes, but somehow they never seem to fit the occasion. For instance, this winter I bought a very good-looking plaid sport coat. It's just the thing for school wear, but when we had our Junior-Senior Banquet last month I had to borrow a coat from a friend. One of my Christmas gifts was a beautiful hat-- a turban, made of silver brocade. Now I ask you, Aunt Sammy, can you imagine anyone wearing a silver brocade turban with a plaid sports coat?"

Yes, I can imagine it, but I wouldn't advise it.

It seems to me that before a person can be well-dressed, on every occasion, she must know what is appropriate to wear, on every occasion. In other words, the keynote of good dressing is appropriateness.

You may have the "trickest" kind of a tailored suit, but it can't be worn at an evening party and dance, unless you are one of the extremely strong-minded persons who can do that sort of thing. On the other hand, a taffeta, trimmed with "darling" little ruffles and one fluffy pink rose, on the shoulder, would be very much out of place in the school room, or in a business office. Taffeta and typewriters have little in common, although they do get together, quite often.

Most of us have seen high school girls and business girls in fancy silks and bright georgette frocks. Such mistakes in costume do not happen because there isn't enough money to spend on suitable clothes. Many times the unsuitable costume is quite expensive. Often the wrong kind of dress was bought

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[illegible]OLOGY: What to wear and when to wear it is the run and substance of [illegible]lately other. The reading which concludes the program has been developed [illegible] the [illegible] bureau of home economics.

[illegible]TRANSITION: Please tell your listeners that the second [illegible] to the cookbook-- that is, the third set of recipes-- will be ready for [illegible] in about [illegible] weeks. It was necessary to order a reprint of the cookbook, which delayed work on the second supplement.--Aunt [illegible]

****

The first thing on the program today is an answer to a letter from a [illegible] school girl, who says please not to [illegible] her name. [illegible] I am going to read a page of the letter:

"Dear Aunt Sammy: I wonder if you could devote part of [illegible] to the discussion of appropriate clothes for a high school girl. [illegible] I have plenty of clothes, but somehow they never seem [illegible] for [illegible]. For instance, this winter I bought a very good-looking [illegible] coat. It's just the thing for school year, but when we had our junior-senior [illegible] last month I had to borrow a coat from a friend. The [illegible] was a beautiful coat-- a taupe, made of silver brocade. [illegible] [illegible] silver brocade [illegible] [illegible] sports [illegible]"

[illegible], I can imagine it, but I wouldn't advise it.

It seems to me that before a person can [illegible] appropriately [illegible] [illegible] must know what is appropriate to wear, or even [illegible] [illegible] the keynote of good dressing is appropriateness.

[illegible] have the "tailored" kind of a tailored suit, but it [illegible] [illegible] dressing party and dance, unless [illegible] are one of the extra [illegible] [illegible] persons who can do that sort of thing. On the other hand, [illegible] trimmed with "frilling" little ruffles and one fluffy pink rose, [illegible] [illegible] silverlace, would be very much out of place in the school room, or in [illegible] these offices. Dabbles and typewriters have little in [illegible] [illegible] [illegible], quite often.

[illegible] of a have been high school girls and business girls in my office [illegible] [illegible] georgette frocks. Such mistakes in costume do not happen because [illegible] isn't enough money to spend on suitable clothes. Many times [illegible] suitable costume is quite expensive. Often the wrong kind of dress [illegible]

in the first place. Other times, a left-over party dress is being worn out. "I'm going to get the good of that old silk dress if I have to wear it to work in," says Lucretia Jane. A better plan would be to add a little new material, and make over the old dress into another party frock. Then, when Lucretia goes to work, her friends wouldn't say: "Poor Lucretia Jane! She doesn't know the first principles of good taste!"

Lucretia Jane makes mistakes in shoes, and hats, and gloves, "I'm just that way," boasts Lucretia. "If I see something I like I buy it!" What she means is, if she sees something she likes on another girl, she saves up her nickels and dimes till she can run "up town" and get a coat or a dress which exactly matches the one she admires on her friend. A very sad case, is Lucretia's.

Seriously speaking-- I've been serious all the time, but I'm more serious now-- the first step in the right direction is to learn what is appropriate and beautiful in dress. Do you think that only a party dress can be pretty? Not so! A costume that is appropriate for work, or for school, may be very charming. If it is simple in design, comfortable, and made of durable materials, it is appropriate. Such a costume may be of pleasing color. It need not be too dull in color, nor too light for the season. For office and school wear, one needs a dress that is practical and durable, and does not soil easily. The person who wears this costume will be free to do her work, without thinking of her dress. I have seen many pretty dresses this winter made of tweed, charmeen, jersey, flannel, and French serge. Appropriate materials for summer wear are ginghams, prints, cotton broadcloth, linens, wash silks, and so forth. The dresses should be as simple and becoming as possible, without elaborate or showy trimming.

The hat worn with the business and school girl's costume should be plain, fairly close fitting, with simple trimming. Remember that the general utility hat must stand all winds and weathers. Of course such a hat will harmonize in color with dress and coat. If one hat must do for both business and dress, make a careful selection. For instance, you may see a Valencia blue in the French millinery room. The hat is beautiful in itself. Consider well, before you buy it. Can you wear a Valencia blue with a chanel red sports dress? Not if you're sensitive to color.

There are certain shades of green, gray, and tan, which look well with many color harmonies. An than there's black, which can be worn with almost any combination of colors. The girl who economizes on her wardrobe should think of it as a whole, and buy articles that can be worn interchangeably, with good effect, even if her clothes tend very much to one set of shades.

Shoes for school and business wear should be trim and business-like. For no matter if you do feel like dancing during work hours-- as I do sometimes, when the hurdy gurdy man plays under my window-- your street shoes should not suggest dancing, if they are to be appropriate. See that your shoes are properly fitted. They should have straight inner lines, plenty of room for the toes, and low sensible heels. This type of shoe allows the person who wears it to stand erect, and to walk with a firm step.

The high school girl whose letter I quoted says she bought a sprots coat, which was appropriate for school wear, but not for evening parties. Many girls who can afford only one coat avoid both the severly tailored sports type, and the dressy afternoon type, and choose a coat of conservative style which can be worn on almost any occasion. It would be rather stupid to invest money in a fussy evening wrap, which will be worn on perhaps one or two occasions during the year-- say the Junior-Senior banquet, and the Senior party. However, I know a person who was just that stupid and foolish once upon a time. The evening wrap is still as good as new, although sadly out of style. Anyone wanting an antique evening wrap, in excellent condition, please write, telephone, or call. Thirteen dollars down, and the rest in easy payments.

Now I'm going to discuss the wardrobe color schemes of two friends of mine. They won't care. Most of my friends are used to radio publicity by this time.

First, let's consider the business woman. This winter she had to pay a doctor bill-- one of those unexpected drains on the pocketbook, which react so unfavorably on the wardrobe.

"I had a black winter coat," she told me, "and a good black cloth dress. After outlining several color schemes on paper, I decided that black and sand color would be the best combination for me. A black and sand costume always looks smart, and one can vary it somewhat, with pretty ties and scarfs."

The business woman's coat is black, as I told you. For general office wear she uses her black cloth dress, with a sand-colored vest. She has a sports dress of black and light tan checked material. For afternoon dress-up affairs she wears black satin with modish ecru lace collars and cuffs. Her summer wardrobe will include a snappy black and white georgette. Her business hat is a small, close-fitting black felt, or straw. Her dress hat is a lovely medium green. My friend is a clear-skinned brunette, with fairly high color.

As for shoes, she wears black oxfords for business, and black patent leather pumps for dress. Being a very "smart" dresser, of course she follows the mode and wears light-colored hose with black shoes. Beige-colored gloves, and a chic beige handbag, complete the costume of this well-dressed business woman.

The high school girl I have in mind is not the "tailored" type. She loves color, and her color scheme was probably harder to plan than the business woman's.

The high school girl has a brown coat. She is a medium blonde with brown eyes. Two of her school dresses that I admire are a medium green, one-piece flannel, and a brownish-red, two-piece wool crepe, both simply made. Her party dress is a soft butter-yellow georgette. For Sunday wear she has a golden brown crepe. Her hat, which is both school hat and dress hat, is a conservative little brown felt, with a gold ornament. I notice that lately a gold chrysanthemum adorns her brown coat lapel. She wears dark brown shoes for school, and black patent leather for dressy affairs. Her hose are light-- beige, I think. Dark brown gloves and a brown handbag complete her color scheme.

[illegible] school girl [illegible] for [illegible] [illegible] girls [illegible] efforts only to [illegible] the [illegible] type, [illegible] effervescence type, [illegible] cost of [illegible] which [illegible] on almost any [illegible]. [illegible] the method [illegible] [illegible] fussy evening wear, [illegible] or [illegible] [illegible] the year-- see the [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] the [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

H.C. 2/2/27

I wish we had more time today, to talk about clothes. Since we haven't, perhaps we can continue the discussion some time later.

There's just time enough now to answer a lady who wants a recipe for bread-crumb cake. Yes, bread-crumb cake.

When I took this lady's letter to the Recipe Specialist, and asked her for a recipe for Bread-Crumb cake, she looked troubled for a minute.

"Aunt Sammy," said the Recipe Specialist, "how does she manage to have enough bread crumbs left over, for bread crumb cake? Why doesn't she use her stale bread for toast, and for crumbs for croquettes, and stuffings, and scalloped dishes, and so forth?"

"I don't know," said I, "Maybe she doesn't watch her bread box carefully, so that stale bread won't accumulate. But read her letter."

The Recipe Lady read the letter, which was a very nice one, and smiled as if she were much pleased. The next time I called on her, the Recipe Specialis handed me this recipe, for Bread Crumb Cake, which she had developed herself. Seven ingredients:

1 cup sugar
2 cups crumbs, from very dry oven-toasted bread
3 eggs
1 teaspoon vanilla
1/4 teaspoon salt
1/4 teaspoon almond extract
1/4 teaspoon cinnamon

Seven ingredients: (Repeat)

Beat the eggs well, add the sugar, and stir in the other ingredients. Pat the mixture evenly in a shallow greased pan. Bake in a slow oven from 30 to 40 minutes. This has somewhat the texture and flavor of macaroons, and is a good way to use up stale bread-- if you have more stale bread than you can use in other ways.

That's all for today.

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I

I wish we had more time today, to talk about clothes. Since we haven't, perhaps we can continue the discussion some time later.

Wouldn't that take enough time to answer a lady who wanted a recipe for sour-cream cake. Yes, bread-crumb cake.

When I took this lady's letter to the Recipe Specialist, and asked her for a recipe for bread-crumb cake, she looked troubled for a minute.

"Bread-crumb?" said the Recipe Specialist, "how does she manage to have enough bread crumbs left over, for bread crumb cake? My goodness, she has her stale bread for toast, and for crumbs for croquettes, and stuffings, and scalloped dishes, and so forth?"

"I don't know," said I. "Maybe she doesn't eat her bread for supper usually, so that gives bread with a crumbline. But read her letter."

The Recipe Department read the letter, which was a very pleasing one, and asked me if she were interested. The next time I called on the Recipe Specialist, she handed me this recipe, for Bread Crumb Cake, which she had developed herself. Seven ingredients:

1 cup sugar
Juice of orange, from very dry oven-toasted bread
3 eggs
1 teaspoon vanilla
1/4 teaspoon salt
1/4 teaspoon ground extract
1/4 teaspoon cinnamon

Seven instructions: (Repeat)

Beat the eggs well, add the sugar, and stir in the orange juice. Add the crumbs, and the mixture overall in a shallow greased pan. Bake in a moderate oven for 40 minutes. Which has triumphed the making and like a [illegible] and lots good way to use up stale bread -- if you have such stale bread you can use in other ways.

That's all for today.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

Housekeepers' Chat

Thurs. Feb. 3,

PROGRAM..... RELEASE.....

ANNOUNCEMENT: The Chat today contains sensible information for housekeepers who pride themselves on bright and shining kitchen utensils, bathroom fixtures, and so forth. The menu and the recipe are from the U. S. Bureau of Home Economics.

****

I have received a number of questions about housekeeping lately. So many,questions, in fact, that it seems best to answer a few of them before the pile increases. As soon as the questions are answered, I shall broadcase a dinner menu, which I think is unusually good.

The first question is about aluminum. "Please tell me how aluminum should be cleaned," writes a Chicago housewife.

You have no doubt discovered that aluminum does not tarnish easily, in ordinary use, but one precaution should be observed in cleaning it. Alkalis discolor aluminum; therefore it should never be washed with strong soap, or with strong washing powders. The dark color on aluminum pans and so forth may be rubbed oof with whiting, or with fine steel wool. If you use steel wool in scouring aluminum, use a grade Double O, which is the finest grade sold. Discoloration on aluminum ware may also be dissolved by the acid of vinegar, or by diulted oxalic acid. These acids must be thoroughly washed off the aluminum. And remember, if you use oxalic acid, that it is poison, and must be kept out of the way of children.

The next question is closely related to the first. "Please tell me how to clean tin and enamel kitchen utensils."

Ordinarily, tin utensils need only be washed in hot soapy water, rinsed in clear hot water, and dried thoroughly. However, if food sticks to the tin saucepan, which it does occasionally, the tin will need special attention. Don't scrape it. Scraping the tin exposes the iron or steel surface underneath, which may rust. If the food has dried in the utensil, fill it with a weak soda solution, heat for a few minutes, and then wash.

You have probably noticed that tin grows dark with use. This tarnish protects the tin, and should not be scoured off just for the sake of making the tin bright.

Enameled ware, and agateware, are made by putting an enamel, or glaze, over an iron or steel foundation. The durability of this ware depends on the quality of both the foundation and the enamel, and the care given it. If the foundation is not firm, the utensil will bend, and the brittle enamel will crack, and flake off. If you have an old enameled

cooking spoon; you know what I mean.

Enameled ware should be protected from acids, from sudden changes of temperature, and from unnecessary knocks and blows. An enameled-ware kettle that has food stuck in it should not be scraped, but should be boiled with a little soda, washed in hot soapy water, and dried thoroughly. If the utensil cannot be cleaned this way, scour it with fine whiting, or with rottenstone.

Third question: "Is it safe to use scouring powders on bathroom fixtures?"

Bathroom fixtures--tubs and bowls--are hard to keep clean without the use of a scouring powder. However, nothing coarser than whiting should be used. Some of the commercial cleaning preparations used for enameled and porcelain fixtures contain scouring agents so gritty that they scratch the surface, and make it harder and harder to keep clean.

Bathroom fixtures should be cleaned daily. Tubs and bowls may be scrubbed with a fine scouring agent, like whiting, or with water containing a little kerosene. After cleaning, rinse the surface with clear hot water, and wipe dry. The rust-colored stains made by water containing an excess of iron may be removed from porcelain or enamel-lined tubs and bowls with oxalic-acid solution, which is a poison and must be entirely washed off.

Perhaps I'd better tell you something more about oxalic-acid, which, as I've said twice, is a poison. It is usually sold in the form of crystals. If you buy an ounce of oxalic acid, put it in a half-pint bottle of water. This amount of water will not dissolve all the crystals, but to be sure of having a strong solution, there should be some <u>undissolved</u> crystals. Pour the liquid solution off as you need it, and dilute it with water to any desired strength.

Poisons, like oxalic acid, should always be labeled plainly and marked with a skull and cross bones.

Next question: "What is the best way to clean linoleum?"

Waxing or varnishing improves the appearance of linoleum and makes it last longer. Use wax on the <u>inlaid</u> and <u>plain</u> kinds, and varnish on the <u>printed</u> ones, for wax sometimes tends to soften the printed surface. If either of these finishes is applied, the linoleum is then cleaned and cared for like a wood floor so finished. If <u>not</u> given a special finish, linoleum should be swept with a soft brush, and dusted with an oiled or dry mop. Occasionally it should be cleaned more thoroughly, with a cloth wrung out of suds made with lukewarm water and neutral soap. Rinse the linoleum with clear water, and wipe dry with another cloth. Only a small space should be wet at a time. A linoleum-covered floor should never be flooded. Strong soaps and cleaning powders that contain alkali injure linoleum and should never be used on it. Whenever any kind of cleaning powder is used

on a very dirty spot, care should be taken to remove any trace of the water in which the powder was dissolved.

Last question: "Is there a practical test for determining whether the air in a furnace-heated room is too dry?"

There is a rough practical test. Look at the inside of the windows on a cold day. If frost forms freely, on the inside of the glass, there is no doubt but that the inside air has sufficient humidity. If there is no sign of frost inside the windows, the air is likely too dry to be healthful.

There is a more accurate test, described in a Farmers' Bulletin called "Operating a Home Heating Plant." This bulletin, Number Eleven Ninety Ninety-Four, discusses the selection, installation, and operation of a home-heating plant. If you are burning more fuel than you should, or if your heating plant is not working satisfactorily, you might find helpful information in this bulletin.

That's all the questions I'm answering today. The menu is planned especially for a listener in Council Bluffs, Iowa, who asked for a good meat loaf, made of raw meat. I think my menu will please her. It is easy to prepare, tasty, inexpensive, and bound to be popular with the family. This is the menu: Meat Loaf; Scalloped Potatoes; Buttered Beets; Grapefruit Salad with Toasted Cheese Crackers.

Meat loaf, or roll, is one of the most economical meat dishes one can serve. Some of the cheaper cuts of meat may be used in making it, and every bit that is not eaten hot, is useful for serving cold in slices, or for sandwich filling. Any lean meat may be used, if the gristle and skin are trimmed off. From one-fourth to one-fifth as much pork as beef is a good proportion. Too much pork makes a loaf that is too rich, and greasy.

When I make a meat loaf, I usually have the butcher cut off a fresh piece of meat and grind it while I look on. Many housewives prefer to take the meat home, and grind it themselves.

If the pork is not added to the beef, a small amount of fresh suet should be put through the chopper with the meat.

A variety of seasonings may be used in meat loaf. Unless the family objects to the flavor, chopped or grated onion should be added to the meat. Thick cream sauce, brown gravy, or eggs will be needed as a binder. Fine dry bread crumbs, or cracker meal, will also help hold the loaf together. The flavor is greatly improved by adding canned tomatoes to the meat mixture, or serving them in a sauce, over the loaf.

At this point, I can almost hear some one say: "Isn't she going to give us a real recipe for meat loaf?" The answer is yes. And here's the recipe, for Meat Loaf:

2 pounds ground beef
1/2 pound ground pork
1 onion, grated
1 cup thick cream sauce or gravy, or 2 eggs
1 cup dry bread crumbs
1 to 2 cups canned tomato
salt
pepper
Celery tops

Mix all these ingredients together thoroughly. Shape the mixture into a loaf. Place a strip or two of salt pork, or small pieces of suet, on the top and place it in a heavy baking pan. Cook in the oven for 1/2 to 3/4 of an hour. Have the oven hot at first, but reduce the temperature toward the end. If the sauce or gravy is used as the binder for the loaf, make it with 3 tablespoons of flour, and 2 tablespoons of butter or other fat, to one cup of liquid.

Our vegetables today are scalloped potatoes and buttered beets. The potatoes may be cooking in the oven, right along with the meat loaf.

The dessert is attractive and palatable -- grapefruit salad and toasted cheese crackers. Butter the crackers lightly, sprinkle with grated cheese, seasoned with salt and paprika, and brown in the oven, till the cheese melts. Serve at once, with the salad.

Let's check the menu: Meat Loaf; Scalloped Potatoes; Buttered Beets; Grapefruit Salad; and Toasted Cheese Crackers.

Another menu for the cookbook. Also another recipe, for I'm going to add the meat loaf to the cookbook. I think there are enough books now to fill the demand. If you have not received a Radio Cookbook, and would like to have one, please write to me, in care of Station_____. The books are free.

Another helpful addition to the Kitchen book shelf is Farmers' Bulletin Number Eleven-Eighty, called "Housecleaning Made Easier." I can recommend this bulletin almost as highly as the Radio Cookbook.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

PROGRAM HOUSEKEEPERS' CHAT. RELEASE Fri. Feb. 4.

NOT FOR PUBLICATION

ANNOUNCEMENT: A number of questions which trouble the homemaker are answered by Aunt Sammy today. The two recipes, for Beef Hash and Date Pudding were developed in the U. S. Bureau of Home Economics.

* * * * * *

I hope to finish most of the questions and answers today, so I can give you more menus next week. I have a good old-fashioned dinner planned for Monday.

The first question today is this: "Are sweets harmful to children's teeth?"

Sweets may be harmful to children's teeth in two very different ways. In the first place, children who have the habit of eating a great deal of sweet, either in the form of large amounts of sugar on cereals, or as desserts and candy between meals, are very likely not to get the building foods they need. Children who have acquired a taste for candy and desserts are not so fond of cereals, eggs, milk, and simple vegetable dishes which are not highly seasoned. These foods are very necessary in the diet, because of the calcium they contain. The calcium builds good health, and good teeth.

In the second place, children who eat sweets frequently may have acid saliva in the mouth, caused by slight fermentation of the sugar in solution around the teeth. In time, this acid saliva tends to affect the enamel covering of the teeth. Furthermore, sugar in the mouth serves as a good food for bacteria, which are normally present in the mouth. As the bacteria multiply in number, the chances for decay increase. Recent knowledge of mouth hygiene indicates, however, that poor diet has by far the greatest influence on poor teeth.

Question Number Two: "Every time I bake a pie, which requires a meringue, the meringue is watery. Is it because I use too much sugar?"

I referred this question to a specialist in the Bureau of Home Economics. She says that watery meringues are often due to baking the meringue at too high a temperature. This tends to brown the meringue over the top before the egg white is baked through. Then a watery layer forms next to the custard filling. It is best to put a meringue-coated pie into a very slow oven, such as you would use for an angel food cake, and allow about twenty minutes to cook the meringue.

[illegible]

[illegible]

[illegible] number of questions which trouble the [illegible] [illegible] today, I'm [illegible], for [illegible] and [illegible] [illegible] [illegible] in the [illegible] [illegible].

* * *

[illegible] in finish most of the questions [illegible] today, so I [illegible] [illegible] [illegible]. I have a good [illegible] [illegible] [illegible] [illegible].

[illegible] question today is [illegible] [illegible] [illegible]

Third question: "Will you please suggest two or three attractive vegetable salads which can be made by those of us who depend on canned and stored vegetables and fruits?"

Beet and pickle salad is attractive and tastes good. To make this salad dice cooked beets into small pieces. Just before serving mix the beets with chopped dill pickle and chopped celery.

Another good vegetable salad combination, which was suggested last month by a radio listener, is made of kidney beans, chopped cucumber pickles, finely shredded cabbage, and mayonnaise dressing.

If your family is fond of onions, you might make a cabbage and onion salad. Shred cabbage into fine pieces, and cut the onions into very thin rings. Season with salt, celery salt, pepper, and paprika. Mix with mayonnaise or French dressing, and serve on a cabbage leaf.

If your family is very fond of onions, and also of oranges, they might relish an onion-orange combination. I know it sounds a trifle peculiar, but you can't always tell about a salad till you've tried it. To make onion-orange salad, arrange sliced oranges on a plate, with very thin slices of onions, and serve with mayonnaise or French dressing.

Remember, in making your winter salad, that cabbage leaves are a good substitute for lettuce. Green parsley from the window box, and red pimento from cans, provide pleasing bits of color.

Speaking of pimento reminds me of an attractive salad I ate last week in the corner tea room. Stalks of canned asparagus had been arranged on a lettuce leaf. Over the asparagus were placed strips of red pimento. The dressing was Cream Mayonnaise, which is plain mayonnaise to which whipped cream has been added.

There are a number of salad suggestions in the Radio Cookbook, including ways of using apples, canned pears and peaches. These are standbys when it comes to fruit salads.

By the way, if you have a lot of apples on hand, you might like to extract the pectin from some of them, and use it later for jelly making. Every jelly maker knows that certain fruits, such as apples, can be made into jelly with almost certain success, while other fruits simply will not "jell." Three ingredients are necessary for jelly-making ---- sugar, acid, and pectin. Some fruit juices which are low in pectin can be made to jelly with the addition of pectin extract. Apples, and oranges and lemons, are used for making pectin extract. In general, pectin extracts are used with strawberries and peaches, with cherry juice, rhubarb juice, and with pineapple juice. Even green tomato juice can be made into jelly, with the use of pectin extract.

[illegible] question: "Will you please suggest two or three attractive vegetable [illegible] which can be [illegible] by those of us who dislike to cooked and stewed [illegible] [illegible] tasteless?"

[illegible] vegetable salad is attractive and [illegible] tasty. To make this salad [illegible] cooked beets into small pieces. Just before serving mix [illegible] beets with [illegible] on thin pickles and chopped celery.

Another good vegetable salad combination, which may suggest [illegible] but by a radio listener, is made of kidney beans, chopped cucumber pickles, finely shredded cabbage, and mayonnaise dressing.

If your family is fond of onions, you might make a cabbage and onion salad. Shred cabbage into fine pieces, and cut the onions into very thin slices. Season with salt, celery salt, pepper, and paprika. Mix with [illegible] French dressing, and serve on a cabbage leaf.

If your family is very fond of bacon, and also of oranges, try [illegible] salad in bacon-orange combination. I know it sounds a little peculiar, but you will always call about a salad till you've tried it. To make bacon-orange salad, arrange sliced oranges on a plate, with very thin slices of bacon. [illegible] serve with mayonnaise or French dressing.

Finally, in making your kidney salad, that cabbage leaf is a good [illegible] for lettuce. Green parsley from the garden, and red pimento [illegible], provide dressing bits of color.

A good [illegible] of pimento reminds me of an attractive salad I saw last week in the corner tea room. Stalks of canned asparagus had been arranged on a lettuce leaf. Over the asparagus were placed strips of red pimento. The dressing was French mayonnaise, which is plain mayonnaise to which whipped cream has been added.

There are a number of salad suggestions in the little cookbook, including [illegible] Waldorf apples, canned pears and cocktails. There is a salad also in [illegible] a fruit salad.

[illegible] if you have a lot of apples on hand, you might like to [illegible] some other fruit juice of them, and use it later for jelly making. Very [illegible] rather too a bit certain fruits, such as apples, are so made into jelly. [illegible] almost certain success, while other fruits simply will not jell. [illegible] conditions are necessary for jelly-making ---- sugar, acid, and pectin. Some fruits have which are low in pectin and need to be made to jelly with the addition of pectin [illegible]. Apples, and grapes [illegible] are high in pectin. In general, pectin [illegible] with strawberries [illegible] with cherry juice, pineapple juice, and [illegible] juice. Even [illegible] can be made into jelly with the use of pectin extract.

I haven't time to go into detail about the preparation of pectin extract, and its many uses, but I'll be glad to send you printed information on the subject. The Department of Agriculture has printed a circular, number 254, which tells all about homemade pectin extracts, and how to make jelly with them. If you're interested, send for Department Circular Number Two Hundred and Fifty-Four.

Next question: "We have recently butchered a beef. I should like to know how to make two beef products: hamburger, and Bologna-style sausage."

To make the hamburger, grind lean beef, such as the round, neck, flank, and trimmings, and a little fat, in a sausage grinder. If you like, put in a small amount of bacon, for flavoring. For seasoning, you will need about one pound of salt and 4 ounces of pepper, for each fifty pounds of meat.

Instead of broadcasting the directions for Bologna-style sausage, I'm sending you a copy of Farmers' Bulletin Fourteen-Fifteen, "Beef on the Farm," which contains directions for making all sorts of beef products.

One more question, and it's more or less musical in tone: "Please tell me how to clean or polish a piano," writes a Chicago listener.

I believe you can clean your piano successfully by this method: Wash the wood with a soft cloth wrung out of soap suds, made of a neutral soap of good quality, until all the soil is removed. Be very careful not to allow any moisture on the wires, or elsewhere inside the piano. When the piano is dry, rub it well with a soft cloth, until all the streaked places are removed. Then polish the wood with a good quality of wax polish. This can be easily done by putting a little wax polish on a cloth, rubbing it in, and so proceeding until the entire surface has been polished.

Now, if the baby will keep out of mischief, and your neighbor won't take this particular moment to run in and borrow the meat chopper, I'll give you two recipes which have been requested. Both of them are economical, and as far as I'm concerned, I'd rather have either or both of them than a good many fancy dishes I've read about.

The first is Beef Hash -- the recipe for which has been worked out in the Bureau of Home Economics. Eight ingredients, for beef hash:

3 cups cooked potato, diced fine
3 cups cooked meat, chopped
2 teaspoons chopped parsley
1/2 teaspoon salt
1 medium sized onion, cut fine
1 tablespoon chopped green pepper
2 eggs
4 tablespoons butter

I repeat -- rather, I <u>insist</u> -- there are eight ingredients, as follows:
(Repeat)

I haven't time to go into detail about the preparation of mutton extract, [illegible] 1888, but I'll be glad to send you printed instructions on the subject. The Department of Agriculture has published a circular, number [illegible], which tells all about homemade poultry extract, and how to make jelly [illegible]. If future interested, send for Department Circular Number Two Hundred and Fifty-four.

But question: We have recently butchered a beef. I should like to know how to make the best pickles: cucumber, and Polish-style sausage."

[illegible] the butchering, grind lean beef, veal or pork, neck, flank, and trimmings, and a little fat. In a sausage grinder. If you like, put in a small amount of bacon, for flavoring. Add [illegible] salt. You'll need about one ounce of salt and a dozen of a mixture, for every pound of meat.

Instead of [illegible] the directions for Bologna [illegible] Farmers' Bulletin Fourteen-Eighteen, "Meat and [illegible] Sausage" [illegible] directions for making, and serve [illegible] of [illegible].

[illegible] and it's [illegible] or less [illegible] [illegible] "[illegible] a Chinese [illegible]."

[illegible] clean your [illegible] successfully [illegible] [illegible] with a [illegible] [illegible] all the soil is removed. Be very careful not to [illegible] motion [illegible], or [illegible] in the clean. [illegible] with a soft cloth, until all the [illegible] [illegible] with a good quality of wax polish. [illegible] by putting a little wax polish on a cloth, rubbing it [illegible] proved a [illegible] surface has been polished.

[illegible] of misshapen, and your neighbor [illegible] [illegible] and borrow [illegible] a cooper, [illegible] [illegible] practical [illegible] in [illegible] [illegible] [illegible]

Mix the finely diced potato with the meat, beaten egg, and seasonings. Melt the butter in a heavy iron skillet, add the hash mixture, and pat it down evenly. Cook the hash over a slow heat until a brown crust is formed, and then turn it out like an omelet, onto a hot platter. Garnish with parsley and serve plain or with tomato sauce.

The next recipe is for Date Pudding, a dessert which has been requested a number of times this month. For the Date Pudding, you will need eleven ingredients, as follows:

1-1/2 cups pitted dates	1 cup flour
1/2 cup milk	2 tablespoons butter
1 cup chopped nuts	1 teaspoon vanilla
1 cup sugar	1 teaspoon baking powder
3 eggs	1/4 teaspoon salt

Spice, if desired

To repeat the ingredients: (Repeat)

Mix the butter and sugar, and add the beaten eggs and milk. Sift the dry ingredients, and add them to the liquid mixture, reserving enough flour to coat the dates and nuts. Add them and the vanilla. Bake in a shallow greased pan, in a very slow oven, for 45 to 60 minutes until set in the center. Cut in squares and serve with whipped cream.

That's all of that. Did everybody get it? Dear me -- a lady way out in Los Angeles says the telephone rang just at the critical moment, and she didn't hear all the recipe. In that case, she had better send immediately for the Radio Cookbook, which is free to all regular listeners of Station_____. The Radio Cookbook contains a good many of the recipes and menus which have been broadcast, and it grows bigger all the time. Before long, everybody who has the first set of pages will be receiving the recipes which were broadcast today.

* * * * * * *

[illegible]

[illegible] the lightly [illegible] potato with [illegible] meat, [illegible], and seasonings. Melt the butter in a heavy iron skillet, add the mean mixture, and put it down evenly. [illegible] over a slow heat until a brown crust is formed, and then [illegible] on a hot platter. Garnish with parsley and [illegible] [illegible] sauce.

[illegible] is for Date Pudding, a dessert which has been [illegible] [illegible] Mr. [illegible] making, [illegible] will need eleven ingredients [illegible]:

[illegible] cups sifted [illegible]	1 cup flour
[illegible] cup milk	2 tablespoons butter
[illegible] cup chopped nuts	1 teaspoon vanilla
[illegible] cup sugar	1 teaspoon baking powder
[illegible] eggs	1/2 teaspoon salt

[illegible] spice, if desired

[illegible] the ingredients: (Serve [illegible])

[illegible] the flour and sugar, and add the beaten eggs and milk. Sift [illegible] [illegible] add them to the liquid ingredients, reserving enough flour to coat the [illegible] fruit. Add them and the vanilla. Bake in a shallow greased pan in a very slow oven, for 45 to 60 minutes until set in the center. Cut in squares and serve with whipped cream.

That's all of that. Did everybody get it? Then we -- a lady may cut in [illegible] telephone rang just at the critical moment, and the client hung [illegible] in that case, she [illegible] immediately for the Radio Cookbook, which is free to all regular listeners of Station _____. The Radio Cookbook contains a good many of the recipes and menus which have been broadcast, and it gives bigger all the time. Before long, everyone who [illegible] the first [illegible] of pages will be receiving the recipes which were [illegible] today.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Reserve

HOUSEKEEPERS' CHAT Mon. Feb. 7

NOT FOR PUBLICATION

ANNOUNCEMENT: Today Aunt Sammy will broadcast a number of ways to use jelly that is too thick or too thin to grace the dinner table unaccompanied. Besides the jelly suggestions, there is an old-fashioned baked ham dinner, with a dessert that will have universal appeal. Menu and recipes approved by the U. S. Bureau of Home Economics.

* * * * * * *

I have here a letter from a listener in South Dakota, who wants to know whether there are any practical ways of using jelly that is not quite perfect.

"I want to use up the jelly on my shelves, before it's time to make a new supply," she writes. "Some of the jelly that I have now does not come up to the standard of a clear, sparkling, tender, quivery jelly, with a fresh fruit flavor. When I turn out one of my glasses of perfect jelly it holds its shape, and the spoon goes into it easily and leaves a clean-cut surface. But not all my jelly is so perfect. My fruit was sometimes over-ripe, and I did not get the right proportion of sugar. That jelly was too thin. It needed more acid, I realized later. Some other batches I over-cooked, and that jelly is stiff and gummy. Can you tell me some good ways to use up these jellies, which my pride as a jelly maker, will not allow me to serve plain on the table?"

Here is the answer to her question, from the Recipe Specialist in the Bureau of Home Economics.

The first is a dessert of jelly and apples. To make this, pare and core apples of a variety that will hold their shape well, and cook them in a sugar sirup till tender. Make the sirup in the proportion of one cup of sugar to two cups of water. Boil the sirup a few minutes before the apples are put in. There should be enough sirup to cover the apples, and the pan should be covered during cooking. When the apples are done, take them out of the sirup, and drain them. Fill the core cavities with some of your thin jelly. These apples are served hot, with hard sauce made of butter and sugar.

Here's another dessert using very soft jelly that you may not have thought of. Old-fashioned pancakes, of tender texture, light and thin, are excellent when spread with thin jelly, rolled up, and covered with powdered sugar. The cakes should be about the size of an ordinary saucer. It's necessary to work fast when making this dessert, because the pancakes are much better when they're served hot.

[illegible]

[illegible] JELLY

[illegible] Home Economics Bulletin [illegible] to use jelly [illegible] to place the jars or tumblers upside down. [illegible] jellying, there is a [illegible] dinner. [illegible] will have no water [illegible]. From the recipes [illegible] by the [illegible] Department.

* * * *

[illegible] a letter [illegible] to make [illegible] are [illegible] quite [illegible]

[illegible] to use up the pell [illegible] jelly [illegible] to make [illegible] the methods. [illegible] of the [illegible] does not come up to [illegible] of a clear, sparkling, amber [illegible] fruit flavor. When I turn out one of my jellies [illegible] a shape, the shape does into it [illegible] [illegible] not all my jelly is so perfect. [illegible] of the high proportion of sugar [illegible] [illegible]. I realize [illegible] some [illegible] [illegible] quick. Can you tell [illegible] [illegible] while in a jelly [illegible] [illegible]

[illegible] the [illegible] to her [illegible] [illegible] of Home Economics.

[illegible] Girl is a dessert of jelly and [illegible] [illegible] [illegible]

Or pastry shells, baked on inverted muffin tins, may be partly filled with soft jelly and garnished with shipped cream.

Soft jelly may also be used in jelly roll, made with sponge cake. Blanc mange, custards, and bread puddings, may be dressed up with a few spoonfuls of soft jelly.

Very tart soft jelly, such as grape, adds flavor and variety to the gravy for lamb or mutton. Stir the jelly into the hot gravy just before serving.

Soft jelly also makes an excellent foundation for a fruit punch.

Use your stiff jelly in jelly omelet, and jelly muffins. In making jelly muffins, part of the batter is dropped into the muffin tin, a cube of jelly is put in the middle, and the rest of the muffin batter on top. Very easily made, and very good.

If you have left-over pie dough, cut it into small rounds, drop a bit of very stiff jelly on each round, and bake. These are attractive for tea, or to serve with dessert.

Next on the program is the menu for tommorrow's dinner. I'm going to give you directions for baking a ham, one of those with the rich brown coating dotted with cloves and the juicy pink lean meat. Doesn't that make your mouth water?

Here's the entire menu: Baked Ham; sweet potatoes with apples; quick cooked spinach; and orange gelatin.

For baking, I like a ham large enough to last for several meals. We have it served hot the first time, and then sliced cold. The ends which do not make nice-looking slices, I grind and use in sandwiches and omelets. No scrap of ham ever goes to waste in our house. Even the ham bone I sometimes cook with cabbage, for seasoning.

And here is my recipe for baked ham: (You'll need pencils now.)

Select a 9 or 10 pound ham and scrub it thoroughly. If very salty, soak it overnight.

For cooking, to each pound of ham allow at least one quart of boiling water, or enough to cover. Place the ham in the hot water and to a nine - or ten-pound ham, add one carrot sliced, two stalks of celery, one teaspoon of celery salt, three sprigs parsley, one onion sliced, two or three bay leaves, and one-half cup of strong vinegar. Cover, and then simmer for four or five hours, counting the time from the beginning of the simmering period. Twenty-five minutes to the pound will be about the right time. Test by using a skewer, or a fork, with long tines, and turn the ham so it will cook evenly on

[illegible] based on inverness [illegible]
[illegible] prepared with shorted [illegible].

[illegible] and [illegible] well, mixe with [illegible]
[illegible] be dressed up with, [illegible] green-
[illegible].

[illegible] salt, [illegible], made flavor and [illegible]
[illegible] dish, [illegible] serving.

[illegible] also makes an [illegible] for [illegible].

[illegible] pour [illegible] salt in fairly [illegible], and fairly [illegible]
[illegible] part of the water [illegible] drawn into the [illegible]
[illegible] the middle, and the [illegible] of the [illegible] [illegible]
[illegible] very [illegible].

If you [illegible] [illegible] dough, cut it into small [illegible] [illegible] a fit
[illegible] very [illegible] fairly on each round, one side. Those [illegible] for [illegible]
[illegible] with dessert.

[illegible] the [illegible] for the meal for [illegible] in [illegible]. [illegible] to
give you [illegible] for [illegible] ham, one of [illegible] with [illegible]
[illegible] dates [illegible] and the fairly [illegible] [illegible]. [illegible]
[illegible].

Here's [illegible] method: Baked Ham - [illegible] with [illegible]
[illegible] cinnamon, one [illegible] [illegible].

For baking, I like a ham large [illegible] to [illegible] for several meals.
Have it soaked [illegible] the first time, and then [illegible]. [illegible]
not [illegible] slow-baking [illegible], [illegible] and [illegible].
[illegible] of ham [illegible] goes to waste in our [illegible] [illegible] bone [illegible]
cook with cabbage, [illegible] soup.

[illegible] is my recipe for [illegible] ham: [illegible] pounds [illegible].

Select a 9 or 10 pound ham and scrub it thoroughly [illegible]
[illegible] it overnight.

[illegible] pound of ham allow at least one [illegible]
[illegible], or enough to [illegible]. Place the ham in the [illegible] water and to [illegible] - or
[illegible]-pound ham, [illegible] cannot simmer, [illegible] the [illegible]
[illegible] salt, three [illegible] celery, one onion [illegible] [illegible]
[illegible] one-half cup of strong vinegar. Cover. [illegible] it
[illegible], counting the time from the beginning of [illegible] [illegible]. Twenty-
five minutes [illegible] the ham will be about ready [illegible] by [illegible]
[illegible] fork [illegible] with [illegible], [illegible] turn the [illegible] will cook [illegible]

both sides. Add more hot water as the ham liquor evaporates. The ham should be covered with water during the entire cooking period.

After the ham is tender, let it stand overnight in the liquor, or, if yo wish to serve it hot, remove the skin at once, wait until the surface of the ham is cool, then cover with the following mixture: (Read slowly)

3 cups brown sugar	1/2 teaspoon mustard
3 cups fine, soft bread crumbs	Cider or vinegar to moisten

Shall I repeat the ingredients? (Repeat)

Mix these ingredients, and spread over the top side of the ham until entirely covered. Press long-stemmed, whole cloves into the coated fat, at intervals. These help to hold on the paste, and also season the meat. Place the ham in a hot oven to form a crust quickly, then reduce the temperature, and baste frequently with a mixture of ham liquor and cider or vinegar, until the ham is evenly browned.

"Salt and sweet" is a good combination of flavors, judiciously used. That is why sweet potatoes go well with ham, and other smoked meats. But instead of having uninteresting boiled or baked sweet potatoes, we shall have - sweet potatoes with apples. Boil your sweet potatoes in their skins in the morning. Peel and slice them. Arrange the slices in a baking dish with alternate layers of raw sliced apples, generously dotted with butter and sprinkled with brown sugar, A half cup of water in the bottom of the dish will prevent the sugar from carmelizing and scorching, and make a small amount of sirup. Top off with buttered bread crumbs, and cook in the oven, when you are baking your ham, until the apples are tender.

Spinach will be appetizing with this dinner. One of the secrets of cooking spinach so that it loses scarcely any of its valuable vitamins, and the iron and other minerals it furnishes, is to use but little water -- just enough water to keep the spinach from scorching until it is wilted. Then it will cook in its own liquor. Another point is to cook it the shortest possible time --- ten minutes, or only long enough to make it tender. Finally, chop it up very fine, and blend with it a little butter as well as seasonings. But don't cook it long! Every bit of the liquid brought out in cooking spinach should be served with it, or saved for soup another day. Some of the most important food substances of spinach are dissolved in this liquid.

Orange gelatin will be an excellent dessert to conclude this menu. It must, of course, be made early in the day, so as to have time to set. This is a distinct advantage to the housewife, because the dessert will be ready when she wants it without further effort.

Orange gelatin should be made of fresh orange juice, except for the small amount of water needed to soften and dissolve the gelatin, and the sugar. The idea is to increase the day's supply of vitamins by those contained in the

[illegible] ... [illegible] ... [illegible] ... [

oranges. It is especially important if you have children in the household to give them orange juice as often and in as many forms as possible. Elderly people, too, who must often be careful what they eat, may have this delicate and delicious dessert without fear of bad results.

(Read slowly.)

Fruit gelatins take only a few minutes to prepare. The proportion is usually one envelope of gelatin to one quart of liquid. Put one envelope, or one ounce, of gelatin into one-half cup of cold water to soften for about two minutes. Squeeze as many oranges as you need to make 2-1/4 cups of strained juice and add the juice of half a lemon, to intensify the flavor. Put one cup of water on to heat with three-fourths of a cup of sugar or less, depending on the acidity of the fruit. When the sirup is boiling, take it from the stove and put the moistened gelatin into it. Stir until the gelatin is entirely dissolved, then mix with the orange and lemon juice. In this way, the orange juice is not cooked at all. Strain and pour into a large mold, or into individual molds if you like. You do not need any sauce with this orange gelatin, but a soft custard would be good with it, or plain or whipped cream.

The entire menu, lest it has slipped your mind, is: Baked Ham; Sweet Potatoes with Apples; Quick-Cooked Spinach; and Orange Gelatin.

A very good menu for the Radio Cookbooks, isn't it? If you have not received your Radio Cookbook, you may have one, by writing to me, in care of this station. When writing for your cookbook, please remember that stamps are not necessary. The cookbooks are free. And be sure to write your name and your address, plainly.

A good many of you have asked me recently, if the cookbooks can be sent to friends who do not have radios of their own, but who listen-in on your radios. It seems to me that these friends who listen-in are entitled to cookbooks. If you will send me their names, and their addresses, I will be glad to add their names to the mailing list.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

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Reserve

Housekeepers' Chat

PROGRAM..... RELEASE Tues., Feb. 8.

NOT FOR PUBLICATION

ANNOUNCEMENT: "Food for the Youngest Generation" is the topic for discussion this morning. The recipe which concludes the program has been approved by the U. S. Bureau of Home Economics and will be added to the Radio Cookbook supplements.

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I have chosen for today's Chat all the questions I've received lately about young children, and what they should eat.

First question: "My children are very fond of whole-ground cornmeal as a breakfast cereal. Can you tell me how to cook it so that it will not be lumpy?"

Cornmeal is likely to be lumpy if it's stirred into hot water. Cornmeal, as well as many other granular cereals, can be put directly into cold water, and cooked in a double boiler with occasional stirring.

If you have a fireless cooker, you doubtless use it for cooking breakfast cereals. A convenient method for cooking cereals is to mix with a little less than the usual quantity of water, bring to the boiling point, boil for three or four minutes, and then put into a fireless cooker, and leave overnight. Porridge or mush made this way must be reheated before serving. The quantity of water required differs with the cereal. When cereals are cooked in a pressure cooker or a fireless cooker, a little less water is needed because there is less evaporation in the air-tight containers. Be sure to get enough water to make the cereal soft, but not watery.

And salt. Don't forget the salt in the breakfast cereal. Very often children get a lasting dislike for cereals because they are not salted properly.

Serve different kinds of cereals for breakfast. The same kind every morning becomes monotonous and it's no wonder the family tires of it. The United States is famous for its varieties of breakfast cereals. So vary the kind of cereal, and vary the way you serve it. Surprise the children with chopped dates or figs on their hot-cooked cereal some morning. Or scatter a few raisins in a bowl of one of the puffed or flaked varieties. Sliced ripe bananas, with almost any kind of breakfast cereal, also make a hit with the children. Take care, though, that the bananas are fully ripe.

Train the children, and the whole family for that matter, to leave sugar off their breakfast cereal. The other day when I was breakfasting at a friend's, her four-year-old Mary Jane pushed back a half-finished bowl of

cereal and said, "I'm not hungry. I don't want any more breakfast." Her mother reproved her, but I knew just how Mary Jane felt. I didn't really blame the child. Her mother had sugared the cereal so heavily that a few spoonfuls were bound to make Mary Jane feel as though she had had a full meal.

So salt the breakfast cereal properly, and serve it with plenty of top milk or thin cream, and you will soon find that you don't want to start the day with an over-sweet cereal.

Second question: "Are oranges especially valuable for children?"

Indeed they are. Oranges are a rich source of vitamins and minerals. Children need a constant and abundant supply of these things in their food, to help them grow and develop normally. Another thing in favor of oranges is that they can be eaten between meals, without spoiling the appetite for other foods at regular meal times. In fact, they seem to sharpen, rather than dull, the appetite.

The third question is from a mother who lives ten miles from the nearest grocery store. "Is there any substitute for orange juice when oranges are expensive and hard to get?"

Yes. Tomato juice. Children may be taught to drink tomato juice just as they will orange juice. In the winter for a between-meal lunch, tomato juice may be heated, seasoned with a little butter, salt, and bay-leaf, and served as a warm drink with a cracker or two. One remarkable thing about tomatoes is that heating does not seem to destroy their vitamin content.

Fourth question: "Are fried meats harmful to children?"

This question demands a rather long answer. A great deal has been written about the harmfulness of fried foods. Some of these statements about fried foods are based on scientific facts, but many of them are just heresy. It is true that some foods absorb so much fat when fried that they are over-rich, and hence difficult to digest. Also, fried foods are likely to be hard, and children may not be able to chew them properly. Everybody knows of course that a child's digestive system is more easily upset than a husky grown person's. There are so many other more suitable, and just as appetizing, ways of cooking food for a child, that it seems unnecessary to over-tax them with fried foods.

As for meats, they will not absorb fat, but when fried, meats are likely to be over-cooked and hard. It is better to pan-broil chops, and other tender cuts of meat, for children. Only a very little fat is used in pan broiling, and the meat can be cooked quickly. A pan-broiled chop, for instance, may be light pink all through and yet have an appetizing, tender, brown crust on the outside. Tough cuts of meat require long slow cooking. To give good flavor, brown them lightly in a frying pan first. Then add water and let then simmer until tender. Meat stews of this sort are very suitable for children.

[illegible]

[illegible]

Second question: "Are oranges especially valuable for children?"

"Yes, they are. Oranges are a rich source of vitamins and minerals. [illegible] of these things in their [illegible]. [illegible] normally. A [illegible] in [illegible] be eaten by [illegible] a. [illegible] upon [illegible] than [illegible].

[illegible]

[illegible] choice. Children [illegible] be [illegible] tempo [illegible] [illegible] in [illegible] [illegible] [illegible]

Fifth question: "I have often heard it said that freshly baked bread should not be given to children. Is there any basis for this belief?"

Yes and no. There is nothing harmful in the fresh bread itself, provided of course that it is good bread made of good ingredients. Fresh bread, however, is generally rather moist, and a young child is likely to eat it without sufficient chewing. If only the crusty parts of fresh bread are given to children, they will have to chew them. This will give needed exercise to the teeth. Freshly baked, crusty breads, are therefore entirely stuitable for children. There is nothing in the old idea that fresh bread or hot breads contain harmful gases.

Sixth question: "To settle an argument, I should like to know the answer to this question: If all the water were to be driven off from a quart of tea, a quart of coffee, and a quart of milk, how would the remaining substances compare in food value?"

This is a good question, one that goes far into the subject of child nutrition. I expect Jill has been suggesting to Jack that he set "Sonny" a good example by drinking milk occasionally instead of having two cups of coffee at every meal. Jack probably replied that milk is no better than any other beverage. Jack, you are wrong, woefully wrong. I'm going to give Jill the facts with which to answer you.

First, let's take the tea and the coffee. Drive the water off. What's left? Almost nothing. And the "almost nothing" that's left, has practically no food value.

Now take a quart of whole milk. Drive off the water. What's left? About half a cupful of the very best food substances, including butter fat, a kind of sugar not so sweet as granulated sugar and known as "milk sugar," and also materials which are needed to make muscles, bones, teeth, and other parts of the body. All these valuable food substances are ordinarily either dissolved, or floating in the water of the milk.

There -- the argument is settled, and I hope that Jack is satisfied.

Here's one more question from a harassed mother. "My Bobby does not like milk or eggs. How can I get him to take them?"

It seems to me that I have heard mothers say that before. I could write a book on this question of child feeding, too. Instead, I will have to hold myself down to just a few suggestions. First of all, there are custards. Odd as it may seem, any number of children who won't drink milk, or eat eggs, straight, will eat them both in custards, especially if the custards are dressed up with a bit of bright-colored jelly, or a new flavoring is added to the custard.

Another good old standby is milk-vegetable soup. You can get grown-ups as well as children to take milk in the form of a hot, well-seasoned soup.

For these winter months, when fresh vegetables are scarce, make one of the quick-turnip soups. I gave you the recipe the other day. It is easily made, you remember, with grated turnip, cooked for a few minutes, and then added to hot milk.

I am going to give you also a tried-and-true recipe for custard: Five ingredients:

1 quart milk
4 or 5 eggs
1/2 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla

Five ingredients: (Repeat)

Heat the milk, sugar, and salt in a double boiler. Beat the eggs lightly and pour slowly into them some of the heated milk. Pour back into the double boiler and stir constantly until the custard coats the spoon. Remove at once and place the pan in a bowl of cold water, stirring until cool. Add the vanilla.

If desired the custard may be sprinkled with nutmeg.

A floating island may be made by separating the eggs and beating the whites well and folding them on top of the custard before it is entirely cool.

Saint Valentine gave me the inspiration for tomorrow's program. Let me tell you now, to have your pencils handy when I begin to talk.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

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Housekeepers' Chat Wed., Feb. 9.

NOT FOR PUBLICATION

ANNOUNCEMENT: Today's subject is a Valentine's day gift that is dainty, good to eat, easy to make, and inexpensive at this time of the year. The recipe for this confection was developed by the U. S. Bureau of Home Economics.

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Monday evening, after I had put the children to bed, and settled down to darn stockings, and sew on buttons, I heard the doorbell ring frantically.

I jumped up in a hurry, and opened the door. Outside stood a most forlorn looking young man, in a light grey overcoat and yellow shoes.

"Come in," I said, "and tell me your troubles. At least I judge that's what you came for."

"Aunt Sammy," said the young man, "you are an authority on everything, are you not?"

"No!" I answered emphatically. "I want it dis-tinct-ly understood that I am not an authority on everything. If you want to know why your cows are dying, or why your hens quit laying, don't ask me."

"Not that!" implored the man. "It is a far, far greater misfortune that has overtaken me!"

"Sit down," I said, "and quit wringing your hands."

He sat down, dejectedly, and absent-mindedly took a pair of scissors from my sewing basket.

"Aunt Sammy," he began, "what would you do if your very best friend were to embark on a Mediterranean cruise, on the fourteenth of February? What would you do?"

"Do?" I repeated. "If I were in your place, I should send her a lace paper valentine, with a red heart, and a gilt arrow. It might even have a pretty sentiment, such as 'To My Valentine.' Did you come here to ask me that somewhat obvious question?"

"You don't understand!" cried the young man, so desperately that I snatched the scissors from him.

"Hush!" I said. "Don't wake the children. Of course I understand. Your best friend is leaving for the Mediterranean. You cannot send her flowers, because you sent flowers on Christmas, New Year's and her birthday. You can't give candy, because you gave her seven boxes of candy last month. Am I right?"

"Yes!" he breathed. "How did you know?"

"Never mind how I know. Now, flowers and candy are out of the question. But you must give her something, or she will doubt your affection. Am I still right?"

"Yes, yes!" said the young man. "On with the psycho-analysis!"

"It's just possible," I continued, "that you want to give her something that is the work of your own hands. Let me see. Can you crochet?"

"No," said my visitor brightly, "but I'll learn, if you want to teach me."

"Can you cook?" I asked hastily.

"Nothing but flapjacks and coffee."

"Can you follow directions?"

"Unerringly," said the man. "I can follow any directions. In fact, I once drove a car through the capitol city of the nation."

"Then get your pencil."

The young man felt in his vest pocket, his hip pocket, his watch pocket, and his coat pockets.

"I'm afraid," he said, blushing, "that I've left it in my other suit."

"One always does," I consoled him. "Here, take mine, and this pad of paper. I am going to tell you how to make an unusual Valentine gift, that will please the most critical person. It is a confection known as Candied or Jellied Grapefruit Peel. Now is the time to make it, while grapefruit is plentiful and inexpensive. You shall wrap this choice sweetmeat in a pretty tin box, and tie it with red ribbons. If you wish, decorate the parcel with red paper hearts, and fat gold cupids. Are you ready?"

"Yes," said the man. "My pencil is poised for flight."

"Never mind about the poetry. Keep your thoughts on the grapefruit. You will need five ingredients:

"[illegible] I [illegible] [illegible] [illegible] [illegible] [illegible] I [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]

10 ounces of peel
2 cups, or 14 ounces, of granulated sugar for the sirup
1 and 1/3 cups water for the sirup, or enough to cover
1/2 teaspoon salt, and
1 cup of granulated sugar, for rolling the strips.

"Here, let me see if you have written them down. Yes, that's right."

(Repeat ingredients).

"The 10 ounces of peel will make about 20 ounces of jellied peel. Don't waste your time, making any smaller amount. A grapefruit weighing 1 and 1/2 pounds generally yields about 6 ounces of peel, so you'd better get two grapefruit weighing 1 and 1/2 pounds each."

"That's easy," said my visitor. "I always was good at guessing weights. Why, I could guess the weight of a grapefruit to a half ounce."

"Young man," I said firmly, "Listen to me. Not even the best cooks guess when a recipe calls for exact weights. Besides it is the weight of the peel and not the whole grapefruit that counts in this case. If you don't have scales at home, run over to the corner drug store and get the druggist to weigh the peel after you take it from the fruit. You must be accurate. For if you get a little too much sugar, the peel will be hard. If you don't get enough sugar, the peel will be weak and watery. I repeat, use an exact weight of peel and an exact quantity of sugar in this recipe.

"Now," I continued, "you must select thick, soft, unblemished peel from smooth grapefruit. Light-colored grapefruit skins will be best, because russet, or reddish, skins impart a dingy shade. You wouldn't want to send your friend dingy grapefruit peel as a steamer gift!"

" 'Twould be unthinkable!" murmured the man.

"Well, then, get grapefruit with light-colored skins.

"Peel them carefully, so as to keep as much of the white pith as possible on the outer rind. Use the whole peel. Don't trim off either the yellow rind or the soft white inner part. Cut the peel, with scissors, into strips one-fourth to one-half inch wide. Cut the strips from the blossom to the stem end of the fruit. Then you must parboil these strips three times, using two quarts of cold water each time."

"Yes," said the young man. "Or perchance I could boil the grapefruit in more water, at one time. 'Twould amount to the same thing."

"No, sir, it would not," I said. "You are parboiling the peel to get out the bitter flavor, and each time you drain off the water you make it milder in flavor. Look here, sir, are you going to follow my directions, or not?"

10 ounces of peel
2 cups or 1# sugar, or granulated sugar for the syrup
1 and 1/2 cups water for the syrup, or enough to cover
1/2 teaspoon salt, and
1 tsp of grenadine sugar, for coloring the strips.

"Never, [illegible] see if you have written down. Yes, here's [illegible]"

[illegible] ingredients.

"The [illegible] ounces of peel will make about 12 ounces of [illegible]. [illegible] waste your time, making my amateur mount. I prosperously weighing 1 [illegible] [illegible] generals. Well round 8 ounces of peel, so you'd better let the [illegible] weighing 1 and 1/2 pounds each."

"[illegible] order," said my wife. "It always was good at [illegible] weighing. Why, I don't [illegible] the weight [illegible] prosperously to [illegible]."

"[illegible]," I said firmly, "listen to me. Now, in the peel cubes [illegible] when a [illegible] for exact [illegible]. Besides, in the weight of the peel [illegible] no. The whole [illegible] that counts in this case. If you don't have [illegible] 1 [illegible], turn over to the [illegible] and see the [illegible] to [illegible]. [illegible] the [illegible] after you take it [illegible] the [illegible]. You must be [illegible] [illegible] the peel [illegible] in [illegible]. If you [illegible] [illegible] a little too [illegible], the peel will be [illegible]. I repeat, use an [illegible] [illegible], the peel will be [illegible] and [illegible] [illegible] quantity of sugar in this recipe.

Now, if you [illegible] type [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] will be [illegible], because [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]

"Perchance I'd better take down your words verbatim," he ventured.

"Perchance you had," said I. "As I was saying parboil the strips three times, using two quarts of cold water, for about one-half hour each time. Throw the water away, after each cooking. When the strips have been parboiled three times, they should be tender. Handle them gently now, so you won't break them.

"The next thing is to make the sirup. Place the water, the salt, and the sugar for the sirup in a saucepan about 8 inches in diameter. Stir the mixture till the sugar is dissolved. Then add the strips of peel. Arrange them carefully, so they will lie parallel to each other. You mustn't break them, when you turn them. Cook rapidly for about 20 minutes. Then reduce the heat and continue boiling, gently, for about 40 minutes, or longer if necessary, to absorb all the sirup. Be careful about the last 20 minutes of cooking. Don't hurry the cooking, but be sure to cook until all the sirup is gone. Did you get that?"

"Yes," said the young man. " 'Don't hurry the cooking, but be sure to cook until all the sirup is gone."

"You are a bright and capable person. Be careful at this point, that the sirup does not scorch. You'll have to turn the strips frequently, with a fork, so that all the pieces will be equally penetrated by the sirup.

"Now, place the strips on waxed paper. When they are cool, roll them in granulated sugar until they have a coating of distinct crystals, but not a heavy crust of sugar. The peel should be jellied throughout, and translucent, but not shrunken, nor gummy. You wouldn't want to give gummy grapefruit peel, on Valentine's Day!"

"Epicurus forbid!" cried the man.

"After you have placed the strips on waxed paper, as I suggested, and rolled them in granulated sugar, so there is a coating of distinct crystals, but not a heavy crust of sugar, let the strips dry out overnight. Then wrap them in waxed paper, and store them in a tightly covered tin box or a glass jar."

"Or a nice pasteboard box," suggested the young man.

"Never!" I told him. "Do you know what happens when you pack jellied grapefruit peel in a pasteboard box? In winter, it becomes hard and crusty. In summer, it becomes sticky. Store the jellied grapefruit peel in tin or glass, as I said. Then, if it's properly stored, in a moderately cool place, it should keep in good condition for two or three weeks. Don't you think that will make a nice Valentine present?"

"The nicest one I've ever heard of," said the young man, as he put on his grey overcoat, and stuck my pencil in his pocket. He had an honest face, and I think that some day he may return the pencil.

Remember I'd better take during your warm bathing, he turned.

"Remember you had," said I. "As I was saying boiled the strips lifts slowly, making two pounds of yolk [illegible], for about one-half hour, each time. Turn [illegible] every day, after each [illegible]. When the strips have been [illegible] strips [illegible], they should be tender. Handle them gently now, so you won't break [illegible].

The main thing is to make the sirup. Mince the [illegible], the [illegible] and [illegible] for the sirup in a saucepan about a inches in diameter. [illegible] the [illegible] fill the sugar in dissolved. Then add the strips of meat. [illegible] [illegible], or they will [illegible] if [illegible] [illegible] [illegible] [illegible] them. Cook rapidly for [illegible] 30 minutes. Then reduce the heat [illegible] some boiling, [illegible] about 40 minutes, or longer if necessary, to [illegible] the sirup. Be careful about the last 30 minutes of cooking. Don't [illegible] cooking, but be sure to cook until all the sirup is done. [illegible]

[illegible]," said the young man. "Don't hurry the cooking, but be sure to [illegible] all the sirup is done."

"[illegible] a bright and capable person." [illegible] at this point. Just the [illegible] does not sound. You'll have to [illegible] unexpectedly, with a [illegible] to turn [illegible] the pieces will [illegible] by the sirup.

[illegible] Now, place the strips on waxed paper. Then they are cool, will [illegible] in [illegible] sugar until they have a [illegible] of [illegible] crystals, [illegible] [illegible] of sugar. The peel [illegible] thoroughly, [illegible] [illegible] [illegible], nor gummy. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]."

"[illegible]!" cried the [illegible].

"[illegible] placed the strips on [illegible] paper in [illegible], and [illegible] [illegible] completed sugar, so there is a coating of [illegible] [illegible] [illegible] [illegible] [illegible] sugar, but the strips dry [illegible] [illegible] [illegible] [illegible] in waxed paper, and store them in a tightly [illegible] [illegible] [illegible] [illegible] [illegible]."

"Or a nice [illegible] box," suggested the [illegible].

"[illegible]! I told [illegible]. Do you know what happens when the peel [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

I believe I have made the directions for jellied grapefruit peel so clear that you could get them over the radio. However, you will find the entire recipe in the spring supplement to the Radio Cookbooks. Please don't be impatient if the supplements are slow in arriving. There is a tremendous amount of work involved in getting the recipes printed, after they're broadcast.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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PROGRAM Housekeepers' Chat RELEASE Mon. Feb. 14.

Reserve

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Today's program is for those who are concerned with the important task of feeding children as a part of their problem of feeding the family. Approved by the U. S. Bureau of Home Economics.

---ooOoo---

Billy rushed home from school Friday afternoon, very much excited.

I heard him shout, the minute the kitchen door banged behind him, "Hey! Aunt Sammy! where are you?"

"Upstairs. What's the matter?"

"Nothing's the matter! I've been promoted to High First, Aunt Sammy! Aren't you glad?"

"Of course. Were all the little boys and girls in your grade promoted?"

Since there was no answer to my question, I hurried downstairs, to find Billy gazing at a platter of animal cookies.

"Gee!" said Billy. "Did you make these for me?"

"Sure".

"Cause you knew I'd be promoted to High First?"

"I had an idea you would be promoted."

"Well", said Billy, almost overcome by the extra attention, "I thank you lots for the cookies. Maybe I could help you set the table, if you want me to."

"That would be splendid," I agreed, "and after dinner we'll read another chapter of 'The Little Lame Prince.' But you didn't answer my question. Were all the children in your room promoted?"

"No", said Billy. "'Toothpicks' wasn't promoted."

"Who is 'Toothpicks'?"

"Aw, he's a kid we call Toothpicks, because he's so skinny. He's bowlegged, too. You know what, Aunt Sammy", said Billy very seriously, "I believe 'Toothpicks' is dum. He's scared of everything. He cries if a dog barks at him! We won't let him be a member of our gang, because he's dum. Honest, Aunt Sammy, he is!"

Billy's blue eyes looked very honest indeed as he told me about Toothpicks. I believe the child sensed, in a vague way, the tragedy of Toothpicks, who couldn't be a member of the gang, because he was "dum", which, in modern childhood parlance, means queer, or peculiar.

On my desk was a late number of a magazine devoted to dietetics and nutrition. On page 12 is a picture of three boys, all the same age, eight years old. Perhaps you saw the picture yourself. The boy in the center is a sturdy child, holding his arms outstretched. On each side of him, under his arms, stands a pale, undernourished child, stunted because of poor diet. The picture tells the story, plainly enough.

"Look here, Billy", I said. "Do you see Toothpicks in this picture?"

"Yes", replied Billy. "He looks like the little tiny kid, this one. Gee, he looks sad! What's the matter with him?"

The lecture I gave six-year-old Billy was far from scientific, but I think he learned something from it. For that evening, after I had finished another chapter of "The Little Lame Prince", Billy was quite serious, for Billy.

"Aunt Sammy", said he, "wouldn't it be nice if Toothpicks had a fairy godmother like the Little Lame Prince's? Then he could fly away on his magic cloak, where no one would ever make fun of his skinny bowlegs".

I didn't tell Billy, but I thought to myself that what Toothpick needs, is a modern mother, who knows something about the importance of proper nutrition for growing children.

Aren't you surprised, sometimes, at the indifference of some mothers to proper food habits? Yes, of course, his mother says, Bobby is pale, and his baby teeth are badly decayed. But then, his mother's teeth are bad, too. Seems to run in the family. John may have dark circles under his eyes, and be unable to keep up with his class in school. Betty is tired most of the time, but then Betty's just <u>made</u> that way, thinks Betty's mother.

But a child health specialist might think <u>otherwise</u>. Of course some physical defects and mental quirks are inherited, but many are the results of the food a child eats during his growing period.

Do you know that the United States has <u>more</u> food, and <u>better</u> food, than any other nation? Our pure food laws, and sanitary methods of handling food supplies, are world famous. However, along with our efforts to safeguard health through food control, we need to develop better <u>food habits</u>, and decrease the alarmingly high percentage of poorly nourished children. For the undernourished child does not have a fair start. Everything is harder for him. His body may outgrow some of the visible signs of poor nutrition, but others not so apparent, remain. His resistance is likely to be lowered, so that he "catches" diseases easily. Faulty mental habits cling to him, and in countless other ways he is handicapped through life.

I'm not going to enumerate the signs of poor nutrition again, but you all know what they are. Some or all of the signs of poor nutrition are found in a large percentage of the pre-school and school children of the United States today.

By making accurate studies of school children, nutrition specialists have found out that a child's efficiency in school, his promotion, and his retardation, seem to have a very close relationship to the amount and kind of food he eats. In other words, the nutrition of the child is reflected by what he does, or by what he is able to do, in school.

In the midst of plenty, thousands of American children are not getting the foods they need for the highest development of mind and body.

For instance, a child's bowlegs may be due to a lack of calcium and phosphorus in his food. Crooked legs and bad teeth in children are usually caused by an insufficient amount of these minerals in their diet. A pint of milk a day will provide three-fourths of the calcium, and half the phosphorus that a child needs. Vegetables also supply minerals. If rightly chosen, vegetables will furnish 7 per cent of the calcium and 10 per cent of the phosphorus needed by a child. Vegetables differ a lot in the amount of minerals they contain, but if, in addition to potatoes, children eat spinach, Swiss chard, dandelion greens, celery, and carrots, the necessary minerals will be supplied. The addition of one egg a day to the child's diet also helps considerably in furnishing minerals. And fruits are important sources of calcium and phosphorus. Most everybody knows the value of such fruits as oranges and prunes in a child's diet. Other foods important for their minerals are whole-grain cereals, such as oatmeal and graham bread.

There are six different kinds of foods that growing children should eat every day: milk, eggs, vegetables, fruit, whole-grain cereals, and butter or cream.

Every normal child should have at least a pint of milk in each day's ration. Of course many children want more, and can take it without leaving out other essential foods. Under these circumstances, they ought to have more than a pint a day.

Eggs are important, because they supply the iron, which is lacking in the milk. Model bills-of-fare for children include eggs, or a little meat or fish.

Fruit should be included in two meals out of three. This is a good rule to keep in mind all the time. Fresh fruit is best-- juice or pulp for very young children. If fresh fruit is not available, dried fruit may be used at one meal, and either a little tomato juice, or a raw green vegetable like lettuce, in the other. These foods are called the "watch dogs of the diet". They help to keep off disease.

Besides the foods I've mentioned, the child's daily diet should include foods which have enough bulk to prevent constipation. That is, foods which supply roughage. Among these foods which supply roughage are potatoes, and whole-grain cereal foods, or whole-wheat bread.

And don't forget that at least one meal a day there should be some vegetable besides potatoes.

One more food is needed by the children, and that's butter, or cream. Butterfat contains the vitamins which stimulate growth.

If your child is getting all six of the foods I mentioned in his daily diet, he is getting the things needed for his normal development. And the six different kinds of foods -- I'll repeat them -- are milk, eggs, vegetables, fruit, whole-grain cereals, and butter or cream.

Now I'm going to read you a sample bill-of-fare for a child of five. Of course there are any number of other bills-of-fare, which are just as good, but this one, which has been worked out by child health specialists, may help you in planning meals for small children.

For breakfast, this bill-of-fare includes a baked apple; whole-grain cereal mush; a half-pint of milk, or more if wanted; bread, and butter.

For dinner, a boiled potato; creamed codfish; string beans; bread; butter; cup custard; and a cookie.

And for supper, a half-pint of milk, or more if wanted; whole-wheat bread; and date marmalade.

If you are interested in the subject of proper food for children, and planning meals, I wish you'd write to me. I can send you some printed information which is reliable, and practical.

That makes me think of something I was told to broadcast to all my radio friends. While I was planning this program. Luella, who keeps check on the cookbooks, came in and registered a complaint. She has about 25 letters, all from people who want the cookbook, but every single one of the writers forgot to sign her address. Of course I feel rather flattered, to think that 25 people are so enthusiastic about the cookbooks that they forget to sign their addresses when they write, but Luella takes an entirely different view of the matter. So, to keep her in good humor, I'll have to ask you to write your addresses plainly. Perhaps you'd better print your name and address, and then I'm sure there'll be no trouble.

Just one more word, before I leave-- you need not send money or stamps for cookbooks, or for free bulletins from the U. S. Department of Agriculture.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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Reserve

PROGRAM Housekeepers' Chat RELEASE Tues., Feb. 15.

NOT FOR PUBLICATION

ANNOUNCEMENT: Two important questions on child nutrition are answered today. An extra good menu concludes the program. Menu and recipes approved by the U. S. Bureau of Home Economics.

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Do you remember what we talked about yesterday? Food for Children. Not long after I had concluded my talk, one of my radio friends called me on the phone.

"I wish you'd tell me," she said, "how to make my children drink milk. You said they ought to have at least a pint a day. I do well if I get them to drink half a glass full, and I have to bribe them to do that."

"Do you like milk yourself?" I asked.

"Mercy no!" she answered. "I can't stand it raw, but that's no reason for the children disliking it!"

And I actually believe the woman was sincere. She couldn't see any connection between her dislike for milk, and her children's refusal to drink it. Isn't it queer, how intelligent parents will prejudice their children against certain foods? And another thing I have against some parents is their continual talking about what a child should eat, while he eats it. If I were a child, and some older member of the family told me at least once a day, at the table, to eat my spinach because it had vitamins in it, and to drink my milk because it had calcium in it, I'd-- well, I'd better not tell you what I'd do. It amounts to insurrection.

I'm not going into the subject of food refusals and dislikes today. Most of them are based on psychological upsets, and are not connected with the child's inability to take or to like a definite food under the right conditions.

A liking for milk may often be built up by preparing and serving it in various forms. A surprise in the form of a raisin-milk pudding, thickened with cornstarch, might be a good start, especially if the pudding is offered without any comment about the milk in it. Milk may also be disguised in custards, cocoa, or by cooking it with cereal. Vegetable-milk soups and "creamed" dishes may also be introduced in the child's diet. Milk is a valuable food, no matter in what form it is taken.

I know one child, exceedingly indifferent to milk as a beverage, who will sip it through a drug store straw. The novelty appeals to him.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Here's another question, which belongs in this program: "Please tell me how to insure my children's teeth against decay."

Some years ago, the answer to this question would have been "Brush them." Now we know that although cleaning is highly necessary for the preservation of healthy teeth, there is no magic brush which will insure healthy teeth. Proper foods build strong teeth. The greater share of this building takes place before birth, and in childhood.

Here are a number of essentials for a diet which builds strong teeth:

First, sufficient calcium and phosphorus. Our teeth, and bones, are made largely of calcium. Calcium is also a necessary part of the blood, and of all the body organs. The chief sources of these minerals are milk, leafy green vegetables, whole cereals, eggs, meat, and fish.

Second, the diet must be rich in vitamins. Remember what foods are noted for their vitamins? Butter, and fresh fruits, and tomatoes, leafy vegetables, and other vegetables, eggs, codliver oil. I won't attempt to call the roll of all the foods which are rich in vitamins-- that belongs in another program. But we mustn't forget milk. All the known vitamins are found in fresh milk.

Third, the diet which builds strong teeth should include hard foods, for jaw and tooth exercise. Such foods as raw vegetables, and hard whole-grain bread.

But really, what's the use to continue? The short and the long of the subject under discussion is this: Normal children, who have the right kind of food are likely to have good health, and if they have good health, they're quite apt to have good teeth. That's the whole thing in a nutshell.

Now, what's that faint rustling sound I hear, out in Nevada? It must be Esmerelda, getting restless for a menu. All right, Esmerelda, quit flipping the leaves of your notebook, and I'll give you a menu. How's this: Mock Duck; Mashed Potatoes; Gravy; Buttered Beets; Pickles or Jelly; Cabbage Salad; and Fruit with Cookies.

Now Mock Duck, as you already know if you have a Radio Cookbook, is not a duck at all. It's flank steak, pretending to be a duck. I'm suggesting flank steak because it's one of the less expensive cuts of beef, and I think we might as well save a little money this week so we can have an extra good dinner next Tuesday, on Washington's birthday anniversary. Cherry Pie, and maybe a Revolution Salad. I'll be thinking about it.

Now, as I said before, Mock Duck is flank steak. A flank steak is almost the only piece of beef which has no bone, and as there is little fat or other waste on it, a large-sized one will be enough for the average family. Be sure the butcher doesn't score it. What's the matter, Esmerelda? Oh, you don't know what score means? When I say don't let the butcher score the meat, I mean don't let him cut the surface to look like a checkerboard, because he is likely to cut too deeply. If you wish, score or slash it lightly yourself, or pound flour into it. The flour will take up the juices, when you sear it.

[illegible] another measure, which belongs in this program: "Please [illegible] me [illegible] to insure my health and strength against decay."

Some years ago, the answer [illegible] question would have been "Human [illegible] for the mere truth, there is no [illegible] human which will insure a healthy teeth. [illegible] good strong teeth. The greater share of this building takes place before birth, and in childhood.

Here are a number of essentials for a diet which builds strong teeth:

First, sufficient calcium and phosphorus. Our teeth, and bones, are largely composed of lime. Calcium is also a necessary part of the blood, and of the body cells. The right amount of these minerals are milk, leafy vegetables, whole cereals, eggs, meat, and fish.

Second, the diet must be rich in vitamins. Remember that food [illegible] for their vitamins! [illegible], sun fresh fruits, and fresh [illegible] and other vegetables. [illegible], cod liver oil. [illegible] vitamins so that the full of all the foods which are rich in vitamins -- but [illegible] in another product [illegible] the mother's forget milk. All the known vitamins are found in fresh milk.

Third, the diet which builds strong teeth should include hard [illegible], for jaw and teeth exercise. [illegible] foods, as raw vegetables, and hard whole-grain bread.

[illegible] to consider [illegible] the [illegible] of [illegible] [illegible] Human [illegible] have the right kind of [illegible] are likely to have good health. [illegible] have good health. They [illegible] quite not to have good teeth. [illegible] Human thing in a [illegible].

Now, [illegible] Americans, [illegible] hours I have, and in Germany. It must be the [illegible] for a week. All right, Americans, [illegible] subject [illegible] will give you a [illegible]. [illegible] good health [illegible] good teeth [illegible] and [illegible].

[illegible] work, [illegible] know if you have [illegible] Human Kingdom, [illegible] [illegible] thinking [illegible] [illegible] the [illegible] experience [illegible] [illegible] [illegible] so we can [illegible] [illegible] [illegible] antibody [illegible] distinctive [illegible] [illegible] [illegible]

The recipe for Mock Duck is in the Radio Cookbook. What are you frowning about now, Esmerelda? You don't have a cookbook? Better send for one right away, because all the best people have a copy of the Radio Cookbook. Yes, it's free.

Now get your pencil, and I'll read you the recipe for Mock Duck, since you don't have it:

Select a large-sized flanked steak. Make a stuffing of the following six ingredients:

1-1/2 cups stale bread crumbs
1 teaspoon salt
1/2 teaspoon pepper
1 onion, minced
1/2 cup chopped celery
2 tablespoons butter or 1/4 cup finely chopped salt pork

I'll repeat the ingredients. (Repeat)

Brown the celery and the onion lightly in the fat. Then mix the ingredients lightly, combining them with a fork. Spread the stuffing over the steak. Roll the steak crosswise, not lengthwise, and tie it in two or three places with a clean string. The rolling crosswise is necessary, because when you carve the mock duck you cut crosswise of the grain, and the meat is more tender. Flank steak has a very decided grain, so this is important. Roll the outside of the mock duck in flour, then sear the surface in a small amount of fat in a baking pan. Add more flour if necessary so there will be enough for brown gravy. When the meat is thoroughly seared on all sides, add a cup of water, cover closely, and cook until tender. This takes about 1-1/2 hours. When the meat is done, mix two tablespoons of fat with an equal amount of flour, add the liquor from the pan, and enough water to make as much gravy as you need. If the steak had fat on it there may be enough fat and also flour in the pan to make the gravy without adding any other. A parsley garnish is pleasing.

Mashed white potatoes go well with beef and gravy. Cook the potatoes just long enough for mashing, and then drain them. Warm the butter and milk which are to be blended with the mashed potatoes, before you put the potatoes with them. The melted butter makes the mixture easier to beat until it is light and fluffy. And no good cook ever serves mashed potatoes which are <u>not</u> light and fluffy. Also, no good cook ever serves <u>lumpy</u> mashed potatoes. If you put your potatoes through a ricer, you'll be sure to have no lumps. If necessary, mashed potatoes can be kept hot in a baking dish in the oven, until the rest of the dinner is ready to serve, but they will be better if timed so that they are brought to the table immediately.

Beets are the second vegetable suggestion today. At this time of the year they will likely be stored winter beets, unless you're fortunate enough to get young spring beets, from the market. Either kind is desirable, but each must be handled in a different way. The older beets should be soaked over-night before cooking, and then cooked a much longer time than the young beets. Some-

The recipe for book lunch is in [illegible]. [illegible] about now, immediately. For don't [illegible] tablespoon. Serve, [illegible] [illegible] first people [illegible] tablespoon, [illegible] [illegible].

[illegible] product, and will [illegible] recipe for book lunch, [illegible] don't have it:

Parcel large-size flatten [illegible]. [illegible] in the following [illegible] ingredients:

1-1/2 cups state [illegible] crumbs
1 teaspoon salt
1/2 teaspoon pepper
1 onion, minced
1/2 cup parsed celery
2 tablespoons butter or [illegible] finely chopped [illegible] parsley

Fill cavity with ingredients. [illegible]

Turn the oven and the onion lighter in the fat. Then mix [illegible] lightly, combining them with a fork. Spread the stuffing over [illegible] the other [illegible], [illegible] and [illegible] in two or three places [illegible] back [illegible]. The roasting [illegible] is necessary, because [illegible] [illegible] you not [illegible] of the [illegible], and the [illegible] [illegible] very [illegible], so this is important. [illegible] [illegible] [illegible] flour, then [illegible] with a [illegible] [illegible] [illegible] more flour if necessary [illegible] [illegible] [illegible]

times it takes 2 hours or more to make them tender. Young beets can be cooked in from three-quarters of an hour to an hour. Always leave at least an inch of the stem ends on beets, to prevent what is called "bleeding" or having the color run out. The skins are left on for the same reason.

Put beets into boiling, slightly salted water, to cook. To peel beets quickly when they are done, drop them for a moment into cold water, and the skin and stem can be slipped right off. Dice or slice them, season with salt and pepper, and reheat them for a few minutes in butter. Add sugar to the seasoning if you like. Cold beets are so often put in weak vinegar and eaten as a relish, that many people do not know any other way to serve beets. Hot buttered beets are nice for a change.

Some of your good sweet picles will be excellent with this dinner, or a glass of grape or currant jelly. You do not need a salad, but if you want one, cabbage salad is easily made. Cabbage is one of the most valuable winter vegetables we have as a source of vitamins, and should be eaten as often as possible until the season for other green leaf foods arrives.

Shred the cabbage fine, and combine with a dressing made as follows: (Read slowly) Beat one-half pint of thick whipping cream until stiff; add 4-1/2 tablespoons of lemon juice, 2 tablespoons of fresh grated horseradish, a grating of onion, a few drops of tabasco, and salt to taste. These seasonings may be changed according to individual preference, but be sure there is enough dressing in proportion to the cabbage. Just a dash of cayenne pepper may be used, if you do not have tabasco. If the horseradish is in vinegar, use only 2 tablespoons of lemon. Half a pint of cream will make dressing enough for about 3 cups of finely shredded cabbage, which will serve 6 persons.

Fruit canned last summer is just the thing for dessert. Serve a few simple cookies with it. If you have no home-canned fruit, sliced oranges will help to supply the needed vitamins for the day, and oranges are fairly cheap now. Sprinkle the oranges with shredded coconut.

Here's the entire menu: Mock Duck; Mashed Potatoes; Gravy; Buttered Beets; Pickles or Jelly; Cabbage Salad; Fruit with Cookies.

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times it takes 2 hours or more to make them tender. Young beets can be cooked in from three-quarters of an hour to an hour. Always leave on the leaf an inch of the stem ends of beets, to prevent what is called "bleeding" or having the color run out. The skins are left on for the same reason.

Cut beets into [illegible], all fairly medium size, to cook. In peel [illegible] quickly when they are [illegible] drop them for a moment into cold water, and the skin and stem can be [illegible] right off. Slice or dice them, season with [illegible] and pepper, and reheat [illegible] for minutes in butter. Add [illegible] essential if you like. [illegible] are so often put in weak vinegar and [illegible] as a relish, that many people do not know any other way to serve beets. Not pickled beets are nice for a change.

Some of our good sweet potatoes will be excellent with this dinner, in a [illegible] of ways or current jelly. You do not need a salad, but if you want one, [illegible] is one of the most valuable winter vegetables below it [illegible] and which [illegible] be used [illegible] often [illegible] possibly [illegible] as a source of vitamins, and which [illegible] other green leaf foods [illegible].

Bread the [illegible] time, and [illegible] with a [illegible] made as [illegible] [illegible] [illegible]

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

1.9
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Reserve

PROGRAM Housekeepers' Chat RELEASE Wed. Feb. 16.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Interior Decorating, Salads, and Gardening are discussed today. The recipe, which was developed in the Bureau of Home Economics, is one which every good cook will want to try -- Baked Bananas with Lemon Sauce.

---ooOoo---

One day last week I read you a letter from a 4-H club girl of Roanoke County, Virginia, who explained how she had made over her bedroom. This girl and a friend of hers won a trip to Washington, D. C. last year, because of their excellent home-improvement work. Today I'm going to read you a letter from the second girl, whose story is as interesting as the one broadcast last week. Here's her letter, describing in detail how she made over her bedroom:

"The first thing I did was to pull all the nails out of the wall. Then I tore off all loose paper on the wall, and pasted strips of cheesecloth over some of the cracks, to keep the paper from bursting. I cleaned up some old paint around the edges of the floor with a strong solution of lye, which as a very unpleasant job, but nevertheless I kept trying.

"I selected cream-colored paper for the walls, and white paper, with a three inch border, for the ceiling. One of my friends helped me put on the ceiling, and I did the rest myself. Our home demonstration agent came and made arrangements to meet me in Roanoke and help me select the paints I needed, so I got the best grade; for the floor one-half gallon of dark buff; the door, mahogany; for the furniture, one quart of ivory enamel. The furniture consists of a washstand, bed, dresser, bedside table, and two chairs. I also got enough paint for the door and window facings.

"I bought some cretonne to cover a window seat, glass handles for my dresser, candles and candle-sticks, a peanut can to make a waste basket, and curtain rods. Had a time getting my packages to the car. When I got home I was all down and out. As soon as I could I moved all the furniture out of the room, painted the floor two coats, and washed off the furniture. I took the mirror to the dresser out of the frame, and fastened it to the wall. I enameled all the furniture, also a vase, waste basket, and ink bottle. I stenciled a very small flower on my dresser, washstand, and the backs of two chairs, and got a chair-seat for one chair.

"The curtains are cream with buff shades, with blue and rose tiebacks. As soon as the floor was dry enough, I moved all the furniture back. The scarfs for my washstand and dresser are dimity, with a rose flower. The scarfs have a two-inch border of solid rose voile. I have one small picture. I made three braided rugs for the floor, also sold two for $4.50 to help pay my expenses. On the bed I have a cream crinkled bedspread with a buff stripe in it. My walnut desk was made about seventy-five years ago by my grandfather, and I treasure it very highly.

[illegible]

"My expenses were $5.50. The rugs I sold, and a few berries I picked, covered all my expenses, so I'm not out of anything and have my room to enjoy."

Isn't that an interesting story? No doubt there are other girls who have good ideas about fixing over their rooms. I'd like to hear from more of them.

Now I'll answer two questions, and then give you a menu suggestion.

The first question is a timely one from a listener in Watertown, Minnesota, who wants to know how to serve grapefruit, other than as a sauce.

Perhaps grapefruit is most popular as a breakfast fruit. The grapefruit are cut in halves crosswise, and each section is cut around with a sharp knife. The seeds are removed, and often the tough center is cut out. The grapefruit is served with a small amount of powdered or granulated sugar, or with salt.

Grapefruit is often served, in the half shell, as a first course at dinner. A cherry, a preserved strawberry, or a small bit of firm red jelly may be used as a garnish.

A very delicious salad is made of grapefruit sections on crisp lettuce. It is really very easy to get out whole sections, as follows: Remove the skin, by hand, leaving as much of the tough white skin on the grapefruit as possible. Then pull the grapefruit apart in sections, and open each section with a sharp knife, at the inside, where the seeds are. The section can then be pulled out of the skin whole, tearing the pulp away from the thick skin on the largest part of the section. This salad may be served with a heavy cream dressing, made either from sweet or sour cream, with a French dressing, or any other dressing preferred by the family.

Grapefruit salad may be varied by adding a garnish of pimento, or by combining it with other fruits, such as oranges, dates, pineapple, and so forth.

You are probably familiar with the dessert, known as Fruit Cup, which is a combination of fresh or of canned fruit. Grapefruit is a pleasing addition to a fruit cup.

Question Number Two: "I am a city housewife, and I know very little about gardening. Can you tell me whether it's advisable to raise cucumbers in town? And when should they be planted?"

The Bureau of Plant Industry, of the U. S. Department of Agriculture, says that one or two hills will produce enough cucumbers for the average family. If you are as fond of cucumbers as I am, you will plant two or three hills. Each hill should be given about 50 square feet of space, or 7 feet in each direction. Make the hills several days before planting, with a shovelful of manure mixed thoroughly with the soil of each hill. Scatter about a dozen cucumber seeds in each hill, and cover them to a depth of about an inch. Later, thin the plants, so there will be two or three in a hill.

Cucumbers are very tender, and should not be planted till all danger of frost is past. If you want to get the cucumbers started early, start the plants indoors by planting the seeds in pots, paper bands, or quart berry boxes, filled with soil. Then when the weather is warm you can set the plants in the garden.

I hope all my listeners have plenty of cucumbers this spring, because I want to broadcast some cucumber recipes.

I have a selfish interest in lettuce, too. Lettuce is one of the few crops that can be planted in backyard gardens that are shaded part of the time. A 5-cent packet of seed will produce all the lettuce plants required for the small garden. A good method is to sow the lettuce seed in a box in the house, and then transplant the small plants to a bed, or to rows, in the garden. One nice thing about lettuce is that it is not injured by a light frost, especially if the plants have been grown in the open. Lettuce requires very rich soil and plenty of moisture, and it can't withstand continued hot weather.

If you intend to serve lettuce as often as I mention it during the next few months, you'd better make two plantings, one this spring, and one in the late summer.

By the way, there's a bulletin printed by the United States Department of Agriculture for people who want to plant a small garden. I've forgotten the number of the bulletin, but the title is "The City Home Garden." It tells how to grow fresh vegetables upon a large back yard or city lot. And as I said before, I'm interested in fresh vegetables.

Since there isn't much time left now to spend on recipes, I'm going to give you one which is short, and easy to write: Baked Bananas with Lemon Sauce.

For the Baked Bananas with Lemon Sauce, you will need the following five ingredients:

6 ripe bananas
1/3 cup sugar
2 tablespoons melted butter
2 tablespoons lemon juice
1/8 teaspoon salt

Five ingredients: (Repeat)

Skin the bananas, scrape them lightly to remove the stringy portion, and split them in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake in a hot oven until brown. Serve from the dish.

Another good recipe for the spring supplement of the Radio Cookbooks, which are sent free to every radio friend of Station_____. Send your request to me, please, in care of this station.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

PROGRAM Housekeepers' Chats RELEASE Thurs. Feb. 17.

NOT FOR PUBLICATION

ANNOUNCEMENT: "What to Serve for Breakfast" is the title of Aunt Sammy's Chat today. Menus planned by U.S. Bureau of Home Economics.

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If some one should ask you, which of the 21 meals of the week you enjoy most, what would be your answer? I put this question to a group of friends the other day, and the answer was "Sunday monring breakfast."

"I like Sunday morning breakfast," said Mary Alice, "Because that's the only breakfast hour when my family can be together. My oldest boy starts to work at six on week days. My husband thinks his day is ruined if he isn't downtown by 8 o'clock. The two younger children must be in school by 9, and the twins, who aren't old enough for kindergarten, always wake up at the most inconvenient times. There is an old saying to the effect that 'All may eat, but only ladies and gentlemen dine.' I often think," concluded Mary Alice, "that six days of the week we eat, but on Sunday morning we're all ladies and gentlemen, and we dine."

"My breakfasts are more difficult to plan than Mary Alice's," said Mrs. Jane. "This winter I'm cooking for one husband, five school children, two boarders, and Grandfather Willetts. When Grandfather first came to live with us, the only foods he considered suitable for breakfast were buckwheat cakes with ham gravy, coffee, and pie. He thought I was a very inconsiderate daughter-in-law, because I didn't serve pie for breakfast. He told me, privately, that grapefruit was poison, and that these 'home - made' breakfast foods were invented so that lazy women could have more time to sleep in the monring. Poor Grandfather! I have to humor him some times," concluded Mrs. Jane. Compared with the breakfast problems of my two friends, mine is comparatively easy. There are five members in our family, including school children, and a man who must be "at the office" by 8 o'clock. But we all eat breakfast together, and we all have good health, and good appetites.

Come to think of it, I believe Sunday morning breakfast is about the most pleasant meal hour of the week at our house. We get up a little later than usual, take time to enjoy our food, and the grown-ups, linger over their coffee until the Sunday papers are read. I know that reading a newspaper at the table is considered a terrible breach of etiquette in some families, but-- maybe my family is not a model one, in some respects, on Sunday mornings.

I set the table with just a little extra care on Sunday mornings. A fresh table cloth, and a dainty bouquet go a long way toward promoting a

[illegible]

cheery atmosphere at the table.

I think I told you once last fall about the different types of breakfasts. Some food specialists divide breakfasts into four types, as follows: Very light, Light, Medium, and Heavy.

The Very Light breakfast includes fruit, a breadstuff, and a beverage.

The Light breakfast includes Fruit, a Breadstuff, a beverage and cereal or eggs or meat. The Medium breakfast is made up of fruit, a breadstuff, a beverage, cereal, and eggs or meat.

And the Heavy breakfast, suitable for very active workers, includes fruit, a breadstuff, a beverage, cereal, eggs or meat, and another hot dish.

The Very Light breakfast - fruit, bread of some sort, and a beverage - is suitable only for grown-ups, who are doing work which requires little physical exertion. The office worker who rides to and from work may be satisfied with an orange, toast , and coffee for breakfast, but for growing boys and girls, and for active workers, the other types are better.

Either the Light breakfast, or the Medium breakfast, is well adapted to the family group. Fresh fruit, cereal, breadstuff, and milk or cocoa usually provide for the children's needs, and the addition of eggs or bacon, or both, or meat with or without another hot dish such as potatoes, makes a breakfast sufficient for the most active worker. The grown-ups may have their coffee, but the younger members of the family should have milk, or perhaps cocoa. Water for everybody, of course.

I think it is easy for us to get into a rut, as far as breakfasts are concerned. And if there is ever a time of day when meals need special attention, it's in the morning.

I read somewhere, once upon a time, that there is more psychological effect in a plate of piping hot muffins served to one's family at 7 a.m. than in a volume of text books written on the subject of breakfast. Poorly cooked food, carelessly thrown on the breakfast table, will exert an influence far more lasting than is apparent.

As I remarked before, it's very easy to get into a rut, when cooking breakfasts, and there are so many good combinations of food that it seems rather sad to limit one's family to "fried eggs and toast" seven days a week. I once heard of a man who said he wouldn't think of eating anything but fried eggs and toast for breakfast, but then he was ultra-conservative --- a real estate agent, I think.

Now I'm going to give you a list of breakfast menus, one for each day of the week. Perhaps you can get an idea or two from my suggestions. Want to

write them down? I'll begin with Sunday. By the way, whenever I say beverage, I mean milk for the children, and coffee or tea for the grown-ups.

Ready now.

Sunday: Canned or stewed dried figs; spoon bread with bacon; and a beverage.

Monday: A ready-to-serve breakfast cereal with raisins and top milk or cream; scrambled eggs; warmed-over rolls; and a beverage.

Tuesday: Fried apples and sausage; graham muffins; beverage.

Wednesday: Cracked wheat or whole wheat cooked in the steam pressure cooker, with top milk or cream; coddled eggs; hot buttered toast; beverage. (I'll tell you how to cook wheat in the pressure cooker, after a little.)

Thursday: Applesauce; fried scrapple; toast; beverage.

Friday: Orange juice; smoked whitefish or herring; cranberry muffins; beverage.

Saturday; Grapefruit; creamed eggs with drief beef; hot biscuits; and beverage.

Enough variety in that list to please most anybody.

When you serve raisins with a dry breakfast cereal, use the seedless raisins, wash them , and put them in the oven a few minutes to dry off and soften. Crisp the cereal in the oven, and let each person add the raisins as he wishes, to his dish of cereal. Raisins are particularly good with the puffed kinds of cereals.

You'll find recipes for scrapple, fried apples, and cranberry muffins, in the Radio Cookbooks.

Perhaps I'd better tell you about wheat cooked whole in the steam pressure cooker. I know of at least one inexperienced bride who listens-in regularly, and really -- she doesn't know a thing about cooking. She's a good friend of mine, too.

Wheat cooked in the steam pressure cooker makes an excellent cereal, rich in flavor and food value--Sort the grain, wash it thoroughly, and cover with one and one-half times its volume of water. Soak overnight. Add salt, using three-fourths to one teaspoon per cup of wheat used. Cook under twenty to twenty-five pounds pressure for one hour, or longer if grains are desired soft. Serve with top milk or cream. The germ and outer layers of the wheat grain are rich in vitamins and minerals, while the rest is such an excellent source of energy for the body that wherever possible people all

over the world use wheat in some form as the mainstay of their diet.

That's all I'm going to talk about today.

Luella, the girl who copies the names for the cookbook mailing lists, told me I'd better remind you again to print your names, addresses, and box numbers, when you write for copies of the free Radio Cookbook, but I don't think I will. You see Luella worries a lot, when you forget to sign your names, but I don't. I know that if you do not receive your cookbook in two or three weeks, you'll write to me again, and I love to get your letters.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Reserve

Housekeepers' Chats Fri., Feb. 18.

NOT FOR PUBLICATION

ANNOUNCEMENT: If you are making plans for an old-fashioned flower garden, you may find just the information you want in Aunt Sammy's Chat. All information approved by the U. S. Department of Agriculture. The recipe for Devil's Food Cake, which concludes this program, will come in handy for the Sunday dinner.

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The other morning I ran over to my Next-Door Neighbor's to borrow a little baking powder. I found my friend sitting in the kitchen, entirely surrounded by seed catalogs, flower bulletins, and the like.

"Come into the garden, Maud", said she, "and help me decide what to plant and where to plant it. I don't know a thing about raising flowers. How could I, living in an apartment house most of my life? But I'm going to study the flower catalogs, and send for some of the bulletins published by my state college, and the U. S. Department of Agriculture, and see if I can have a garden. I want all the old-fashioned annual flowering plants, such as marigolds, nasturtiums, zinnias, periwinkles, and sweet alyssum, because they can be grown from seed, without very much trouble, and they're adapted to ordinary flowering conditions. I'm going to begin my garden plans early. If I don't get a good stand of plants, with the first seeding, I'll try again, under more favorable conditions. I read that in the catalog, and I think it's a good idea. What shall I have in my garden, Aunt Sammy, besides marigolds, nasturtiums, zinnias, periwinkles, and sweet alyssum?"

"Four o'clocks. No garden is complete without four o'clocks. And petunias. Please have lots of petunias. The single mixed petunias will add a great variety of color to your backyard, and they bloom about all summer."

"Do petunias require any particular kind of soil?" inquired my Neighbor.

"No. Petunias grow on almost any soil where there's plenty of sunshine and enough water to keep them alive. Of course you must level and smooth the surface of the soil, and apply some fertilizer before you plant the petunias.

"It's a bit too early to plant them now, but you can make your plans, and set the ground in shape. Don't sow the seed till the weather's warm and settled. One of the garden advisers in the Department of Agriculture told me that the plants can be started in a box in the house. Then when the weather gets warm, the petunias can be transplanted. Or you can sow the seed of petunias right on the surface of the ground, and rake them into the soil a trifle. Petunia seed is very, very small, and the chances are you'll get the plants too thick in some places, so you'll have to thin them out to stand six or eight inches apart.

"As I said before, petunias require no particular kind of soil-- just so they get plenty of sunshine and an occasional rain, or watering. But don't forget to level and smooth the surface of the soil, and apply some fertilizer before you plant your petunias."

"Know anything about zinnias?" asked my Neighbor.

"I certainly do. I lived for a good many years in a section of the United States which is noted for its hot dry summers. When all the other flowers in our garden would droop and die, the zinnias would cheerfully 'carry on' throughout the summer. I wouldn't think of having a flower garden without a bed of hardy, colorful zinnias. Another flower I like is nasturtiums. They're my favorite flower. I--"

"Because the leaves can be used in sandwiches?" interrupted my Neighbor innocently.

"No indeed! Because they are so beautiful in themselves. I think they make a most attractive centerpiece for the table, especially when they're arranged rather loosely, with a few of the leaves mixed with them. I bought a dull blue pottery bowl at the 10 cent store the other day. Won't nasturtiums be lovely in it?"

"They will," agreed my Next-Door Neighbor. "I wonder if they're hard to grow."

"Not at all. The seeds of the nasturtium can be planted in the ground, right where the plants are to grow. Why don't you plant some of the dwarf nasturtiums on each side of your walk, in narrow borders. Or you might plant the nasturtiums farther back, with sweet alyssum next to the walk. Another very pretty arrangement is made of tall nasturtiums grown on a fence, dwarf nasturtiums in front of the tall ones, and sweet alyssum in front of the dwarf nasturtiums."

"Sounds attractive," said my Neighbor. "I wish you'd tell me the name of the bright red flower I saw in so many gardens last summer."

"That must have been scarlet sage," I told her. "Scarlet sage is one of the showiest of the annuals that can be grown from seed. However, the garden adviser I told you about says it's usually best to start the plants in a box in the house, and then transplant them to the garden. The bright red flowers of the scarlet sage are especially striking when the plants are grown in front of some green background, such as tall nasturtiums. Scarlet sage would be especially effective growing along your green hedge. Scarlet sage wants plenty of sunshine and an occasional watering, but it stands a good deal of abuse. It's like the zinnia."

"I wish," said my Friend, plaintively, "that I had a whole back yard garden full of the flowers we've talked about, and roses. Do you suppose I could have a few rose bushes, too?"

"[illegible] [illegible] [illegible] [

"Of course you could. I'll tell you about roses some other time. I promised my family a Devil's Food Cake for dinner, and I'll have to hurry home and make it."

"A devil's food cake!" exclaimed my Neighbor. "Please copy the recipe for me, so I can make one too. Here, write it on the back of this catalog."

This is the recipe I copied for my Next-Door Neighbor, the very same recipe I got from the Bureau of Home Economics last week. Would you like to write it down? If you are doing any extra baking tomorrow, you might like to try this cake for Sunday dinner. I assure you, it is very good.

For the Devil's Food Cake, you will need nine ingredients:

1/2 cup butter
1 cup sugar
2 eggs (1 white saved for icing)
1 cup milk
2 squares chocolate, melted
1-3/4 cups flour (soft wheat)
2 teaspoons baking powder
1 teaspoon vanilla
1/2 teaspoon salt

Nine ingredients. I'll repeat them. (Repeat)

Cream the butter and the sugar. Add the well-beaten eggs and mix well. Sift the dry ingredients, and add to the first mixture alternately with the milk. Add the chocolate, which has been melted over steam, and the vanilla, and beat until well mixed with the batter. Bake in a greased pan, in a sheet, for 35 minutes, at a temperature between 300° to 325° F. Cover lightly with powered sugar, and serve.

Or, if preferred, you can bake the cake in two layers, and make a vanilla icing with the white of the egg, as follows: five ingredients for the vanilla icing:

1 cup granulated sugar
4 tablespoons cold water
1 egg white
Pinch of salt
1/2 teaspoon vanilla.

Five ingreidnets. I'll read them again. (Repeat).

Now, put the sugar, water, and unbeatten egg white into the upper part of a double boiler. Are you sure you got that? I'm going to say it again, because it's important: Put the sugar, water, and unbeaten egg white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once, and beat constantly while it cooks for about 7 or 8 minutes. It should then appear just like ordinary boiled frosting, and should be almost thick enough for spreading. Take it from the stove and continue to beat about 5 minutes or until it has thickened. This is sufficient to ice a three-layer cake on the top.

If the icing is not sufficiently cooked, place it in the double boiler, and recook for a short time. Or if it is too stiff, add a small quantity of water, and cook again.

In this Devil's Food Cake mixture, sour milk can be used in place of the sweet milk. In that case dissolve 1/2 teaspoon of soda in 1 teaspoon of water and add at the same time with the sour milk. The chocolate can also be increased by 1 square, if you like a strong chocolate flavor.

This recipe will be included in the spring supplement to the radio cookbooks. Monday I shall broadcast a dinner menu you can use for Washington's birthday anniversary. So have your pencils sharpened, and plenty of blank paper handy.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. Feb. 21.

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Reserve

(NOT FOR PUBLICATION)

ANNOUNCEMENT: A Washington's Birthday dinner, planned by the U. S. Bureau of Home Economics, is the main feature of to-day's program. The menu and the cherry pie recipe will be added to the spring supplement of the Radio Cookbooks, which are sent free on request.

----ooOoo----

I must read you another letter today. This one is from a friend in Cresco, Iowa, who likes the radio cookbook, and wants more of it.

"Dear Aunt Sammy," she writes, "I love to cook, and I do enjoy making new things. Such remarks as these will be heard when a new dish appears upon the table: 'Well, I guess you have been listening-in this morning,' or -- 'Did you get this recipe from Aunt Sammy?' This doesn't bother me at all, and I go right on making new dishes. I have used a good many of your recipes and have never had a failure with any one yet."

That's all I'll read, from my friend in Cresco, Iowa. I want to remind her that laughter is an excellent aid to the digestion, so if the members of her family can joke about the radio recipes, so much the better. May save them from having dyspepsia.

This letter makes me think of one I got several weeks ago from a man whose wife made him copy all the recipes. He said he had almost written himself lame, taking down radio recipes, and he wanted a cookbook right away. I sent him one, and hope he has received it long before this. I don't want to be responsible for an epidemic of writer's cramp among my friends' husbands.

Here's another letter, which contains a suggestion worth passing on. The letter is from a listener in Warehouse Point, Connecticut:

"Dear Aunt Sammy: I enjoyed your talk about prunes very much. We are very fond of prunes, and during the time that I have a fire overnight in the kitchen coal stove I bake them in the oven over night. Then they are all ready for breakfast. The slow cooking brings out the sweetness of the fruit, and I add no sugar. I use what water I think is needed, and cook the prunes in a covered dish."

Now that is a good idea. When prunes are baked slowly, in a heavy covered dish, the steam helps cook the fruit. Then, as my friend suggested, it is not necessary to add sugar, for it only hides the delicious flavor of the prunes.

Before I broadcast the menu for tomorrow, I must answer a question that is troubling a radio listener in Utah.

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"Dear Aunt Sammy", she writes. "I wish you would help me out. I have set my heart on a pink taffeta evening dress, with a short bouffant skirt. A friend of mine, who has made a special study of clothing, says a taffeta dress with a full skirt would stand out like a balloon, and emphasize my size. If stout people can't wear stiff taffeta, can they wear soft satin?"

I don't want to be arbitrary about this question. Because if a stout woman is brave enough to follow Dame Fashion, she can wear taffeta, or satin, or bright plaids, or anything she pleases.

But it is true that the best-dressed stout women avoid shiny silks and rayons, or bright tinsel cloths. The reflected light from such shiny materials emphasizes all the curves the stout woman is trying to conceal. Your friend is right about the taffeta. Pink taffeta dresses, with short full skirts, are meant for the graceful young fashion-plate ladies who have slender hips.

I have a friend who is undeniably stout, yet she is always correctly dressed. The last time I saw her she was wearing a dress of a dull finish green crepe material. I admired the dress, and she told me she wears crepe materials because they have a certain amount of weight, and are softly clinging. The long straight shadows they produce give a feeling of length which she needs. She wears linens and ginghams too. Both of these materials take simple tailored lines well. Of course she is careful to select designs which are relatively small and inconspicuous. And she never wears bright colors, except in small areas.

"I like bright colors," she told me, "but they seem to increase my size. So I wear dark browns and blues, which make me look smaller, and the cool receding colors, in dull dark tones." The receding colors are those having blue, violet, and green tones. If the stout person enjoys bright or light colors, she can use such colors in small touches, to accent her costume. A scarf or bag or a string of gay beads will furnish the bright color.

This friend of mine always wears her skirts of medium length. I told her once she was the only person I knew who disregarded the present vogue for very short skirts.

"I shortened one of my skirts," she confessed. "I made it really short, too, -- clear up to my knees. When I looked at myself in the mirror, I found that the outline formed by my waist line, the side edges of the skirt, and the bottom of the skirt, almost formed a square. Awkward? I should say it was! And completely disillusioning. I decided that any woman built on the lines of a morris chair should stick to long vertical lines, inconspicuous colors, and dull finished materials, if she wants to be an ornament to society."

Enough about clothes. Let's talk about the dinner we're preparing for tomorrow -- the 22nd of February.

My first thought was that we should have an old-fashioned dinner, and serve the foods which our forefathers ate in early colonial times. But the more I studied over the matter, the more difficult it became. Take potatoes, for instance. Potatoes weren't much used by the early colonists, and some persons thought that a man who ate potatoes regularly for seven years, would surely die.

And tomatoes. In early colonial times tomatoes were either unknown, or

used merely to decorate gardens. They were called "love apples", and were considered poisonous. And cherries-- oh yes, I know they had cherry trees -- but do you think they had canned cherries? No indeed. Women didn't begin to can fruit until the following century.

I decided finally to modify my colonial dinner, in accordance with modern tastes. Here's the menu: Fruit Cup; Roast Pork; Mashed Sweet Potatoes and Turnips; Canned String Beans; Cornbread; Applesauce or Cranberry Sauce; Revolution Salad; Cherry Pie; and Coffee.

The fruit cup is not really necessary. I don't suppose Martha Washington ever served a fruit cup as a first course at her festive dinners, but then perhaps she didn't know about it. A tasty fruit cup, made of grapefruit, oranges, and a big red cherry, will serve as an appetizing prelude to our Washington birthday dinner. It adds to the attractiveness of the table, too. I can close my eyes and see a table set with the best china and silverware. There are four red candles on the table, in glass candlesticks. Or are they red, white and blue candles, in pewter candlesticks? It doesn't matter. The favors are small candy hatchets, in the national colors. The fruit cup is already in place, in thin glass sherbet dishes. "Dinner is served!" announces the host.

Now I'll open my eyes, and go on with the menu. I have suggested Roast Pork because that's one kind of fresh meat you can get, whether you live in the city or in the country. Allow plenty of time for cooking all pork. Brown the roast quickly, all over, then reduce the heat, and cook, fat side up. Be sure the center of the roast is thoroughly cooked. If you have a fresh ham or shoulder, it is especially important to cook it long enough so that the roast will be well done clear to the center.

Our first vegetable dish is mashed sweet potatoes and turnips, each vegetable cooked and mashed separately, and then combined and seasoned. The recipe specialist, who suggested this combination dish, says the two vegetables, mashed, and then combined and seasoned, are very good. Our second vegetable dish is canned string beans.

The "Revolution" salad is simply tomatoes, fresh or canned, combined with mayonnaise, or any other dressing you like. Tomatoes in any form would have been a revolutionary addition to an early colonial menu. If fresh tomatoes are not available, let's have a canned tomato salad.

Select tomatoes which have kept their shape. Remove the pulp from the centers. Drain the juice from the pulp. Mix this tomato pulp with chopped green pepper, chopped celery, and salt. Moisten with salad dressing. Refill the tomatoes. Place on crisp lettuce leaves. Put a tablespoon of salad dressing on each tomato, and garnish with a circle of green pepper. If your canned tomatoes aren't solid enough for salad, I suggest that you make a Tomato Aspic salad.

Now what's next? Cherry Pie. I'll give you directions for cherry pie, and for cherry tarts. You can take your choice.

When you make a cherry pie-- oh, do you have pencils? (Read slowly.)

When you make a cherry pie, the first step is to bake an undercrust until it is delicately browned. Be careful not to let this crust become too brown, however, or it will be overcooked when the pie is baked. Strain the juice off of the canned cherries. If they are unsweetened, mix the needed quantity of sugar with about one-half tablespoon of cornstarch for each pie, and cook this with the cherry juice until it is thickened. Add one tablespoon of butter and a few grains of salt, stir in the fruit, and put this filling into the pre-baked pie crust. Moisten the rim, lay the top crust in place, and press the edges carefully together so that the juice will not leak out. Prick the top crust to allow the steam to escape. Bake the pie for about 20 minutes in a hot oven (450°F.), or until the upper crust is brown.

For cherry tarts, bake pastry shells on the outside of muffin pans, and fill with the fruit mixture. Serve at once, or to give an extra touch, add a spoonful of whipped cream or cover with meringue made of a stiffly beaten white of egg, one tablespoon of sugar, a few grains of salt, and a drop or two of vanilla. To brown the meringue, return the tarts to a very slow oven for 15 to 20 minutes.

Serve the coffee with the main course, with the dessert, or after dinner.

Shall I repeat the menu? Fruit Cup; Roast Pork; Mashed Sweet Potatoes and Turnips; Canned String Beans; Cornbread; Applesauce or Cranberry Sauce; Revolution Salad; Cherry Pie; and Coffee.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat Tues., Feb. 22.

PROGRAM..... NOT FOR PUBLICATION ..... RELEASE.....

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ANNOUNCEMENT: It will soon be time to limber up the sewing machine, and make new frocks for the children. Aunt Sammy suggests a number of short cuts today for busy mothers who plan ahead for the spring sewing. Information approved by the U. S. Bureau of Home Economics.

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Reserve

Saturday morning, as I was hurrying home from a shopping tour, I met a boy selling cut flowers on the street. I bought a small boquet for the table, and a bunch of violets to wear on my coat.

Sweet violets always remind me of a girl I met in Kansas City, the first time I visited the "Gateway to the Middle West." I was eating lunch in the Union Station dining room, when the girl came over and sat down opposite me.

"The violets on her coat match her blue eyes," I though to myself.

We fell to talking, as strangers will in the middle west, and I commented on the delicious apple pie which was served for dessert.

"You eat your dessert," said the girl, whose name was Sylvia. "I wear mine."

"What do you mean?" I asked.

"I mean that I can't afford both violets and dessert-- so I bought the violets. Do you think I'm foolish?"

"Not at all," I answered. "'"If I had two loaves of bread," Mohammed said, "I would sell one that I might buy sweet hyacinths, to satisfy my hungry soul."'"

"I like that quotation," said the girl. "After all, one needs food for the soul, as well as for the body."

That's the only time I ever saw the girl named Sylvia, and I only mention her now because of the violets.

My subject today is not violets, but the spring sewing. I have a very good talk prepared on spring sewing, and I'd hate to lose the chance of broadcasting it. So I'll ask you not to interrupt me, to talk about spring flowers, and bouquets for the table, and food for the soul.

[illegible]

A [illegible]: [illegible] by the [illegible] medicine, [illegible] the children. [illegible] for the spring [illegible]. Informally [illegible] Home Economics.

[illegible] morning, as I was hurrying home from a shopping tour, I met a boy [illegible] out flowers on [illegible] street. I bought a small bouquet for the table, and a bunch of violets to wear on my coat.

[illegible] violets [illegible] me of a girl I met in Kansas City, the [illegible] I [illegible] "[illegible] the Middle [illegible]." I was waiting lunch [illegible] dining room, when the girl [illegible] down opposite me.

"The violets [illegible] your blue eyes," I [illegible].

[illegible] will in the [illegible] the best [illegible] we served [illegible].

[illegible] gave [illegible] girl, [illegible] same mine."

"What do you mean?" I [illegible].

"I [illegible] I [illegible] the violets [illegible] thing [illegible].

[illegible], I [illegible]. "If I [illegible] a [illegible], "I [illegible] hungry [illegible].

"I like [illegible]," said the girl. "After [illegible] for the coal. [illegible] the [illegible]."

There's [illegible] the girl named Sylvia [illegible] mention [illegible] violets.

My [illegible] good time [illegible] morning, [illegible] I'll [illegible] orange-[illegible] flowers. [illegible] for the [illegible].

H.C. 2/22/27

If we are going to be model dressmakers, we shall need a sewing room, completely equipped. If we can't have a sewing room, let's group all our equipment in one place, so we can find what we want, when we want it.

The sewing machine comes first. It should be well oiled and regulated and kept clean. I won't say much about regulating the sewing machine, because I don't know what kind you have-- an old-fashioned "Hummer," or the latest electric model, with all the modern attachments.

Learn to know the attachments of your machine and how to use them. Keep your tensions adjusted to the kind of material you are using. Use good needles, and of the right size for the thread and material with which they are to be used. Never attempt to sew with a blunt needle-- it will ruin fine material.

Now I'm going to describe the sewing room of a friend of mine who earns her living making dresses, and cooking meals for eight college girls. Her methods must be efficient, or she'd never be able to find time for both sewing and cooking on a big scale.

Her sewing table is 54 inches wide, and long enough to lay an entire pattern on. She told me once that a sewing table was just as important for her, as a worktable in the kitchen. Her sewing table is high enough so that she doesn't have to stoop when cutting. As you know, a table which is too low can be raised by means of blocks. And don't forget to have two comfortable chairs, a straight-back one for the sewing machine, and a low rocker, without arms, for hand sewing.

My dressmaker friend has an old-fashioned bureau, with plenty of drawer space, for her sewing materials. She uses a large pair of shears for cutting, and she keeps the sewing room shears for sewing room purposes. Among the small equipment in her sewing room are safety razor blades for ripping garments to be remodeled, a tracing wheel, a good strong tapeline with the figures plainly marked, a yard stick, plenty of pins on a pin cushion, and needles, both large and small. She keeps an ironing board, iron, pads to press on, and cloths to steam with, in the sewing room. A long mirror hangs on the wall.

"I like a separate sewing room," she told me, "because it means less work. I can close the door, and leave all disorder on the inside. This means additional minutes which I can spend in actual sewing, that otherwise would be given to getting things out, and putting them away again."

Her sewing room was formerly a bedroom. The floor is covered with plain linoleum. We all know how easy it is to remove threads and scraps of material from a linoleum-covered floor, or from a floor which is simply varnished and waxed, and left without rugs.

H.C. 2/22/27

I learned a good many short-cuts from my dressmaker friend. As a child, I was taught that a woman who did not finish her seams as neatly on the inside as on the outside, was lazy and inefficient.

My first important sewing was a petticoat, made by hand, seven gores and a ruffle. Can you imagine it? The placket was my Waterloo. When it came time to finish the seams, Aunt Melissa looked at me over her steel-rimmed spectacles.

"Child!" she said sternly. "I'm going to give you a verse which will be your inspiration, while you finish those seams. This is the verse:

"In the elder days of Art,
Builders wrought with greatest care
Each minute and unseen part;
for the gods see everywhere."

It was well she taught me the verse. I fear I would never have finished the eight long seams if I hadn't been afraid the gods were peeping around the corner of my red rocking chair.

My dressmaker friend finishes seams as easily as possible. She makes them look neat, but she doesn't spend time on them to the detriment of the style of garment. Too much sewing makes a seam stiff and unyielding, and it loses all its grace in hanging.

Now I'm going to talk about children's dresses. The younger members of the family will soon be demanding summer frocks, and you know what last year's clothes will look like, the way the children have grown this winter!

Let's suppose you are anxious to make the children's school clothes, and your own dresses, with the least possible interruption to other tasks. You can make every minute count if you plan ahead, and use what one woman terms the "wholesale method" in sewing. This means doing a great deal of one kind of work before changing one's motions to another kind. You acquire speed as you go along. If you have ever visited an overall factory you know how efficiency can be applied to sewing.

First, provide a good foundation pattern to fit each one who needs new clothes. This may be a commercial pattern of simple design, or one that you have made according to measurements. With a little practice in using such a pattern, you can cut from it very rapidly, and vary the trimming in order to have many different designs. You don't want to dress your family in a uniform, of course, but if in making underwear, for instance, you buy enough goods of the same kind to make several garments, you will use the goods to better advantage, and save time in handling it.

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[illegible]

[illegible]

[illegible]

[illegible]

Cut out as many garments at one time as you need. Pin the parts of each securely together, with the scraps that match, or put it in a box by itself. When you have cut even one dress by a given pattern, the next can be cut a great deal faster, because you know how to place the pattern on the material in the best way.

While you are cutting out dresses for the children, don't forget to allow hems twice as deep as you need. This extra material is convenient when the time comes to lengthen the dress. You may turn it up into a very wide hem, or a double hem, or conceal a tuck within the hem.

The next part of your work is the machine stitching. Many wash materials are smooth and firmly woven, and are stiff enough that you can stitch many parts of your garments directly on the machine, without basting. Don't stitch a seam or two, and then stop to turn, trim, or baste. That's a slow method. Stitch straight through the entire lot which you have cut out, until you can do no more without folding or basting. Keep the parts of each garment together.

Next, go through all the garments, trimming, pressing fells, putting in gathers, or whatever has to be done, until all the dresses are ready for more machine work. By the time you have stitched them once more, you will have plenty of "pick-up" work on hand, to be done in odd minutes. There will be bindings and buttonholes and pockets, sleeves, hems, collars, and other finishing work, much of which must be in part done by hand. Then when you're entertaining an informal caller, or waiting for bread to bake, you can work buttonholes, and baste in sleeves. If you have friendly neighbors, like the one I mention sometimes, you can let them make buttonholes, too. My Next-Door Neighbor says she has done more handwork on Sally Jean's clothes than I have.

Just one more hint to the mother who makes her children's clothes. Buy a lot of the same kind of buttons-- a stock design, easy to duplicate-- and always keep a reserve card on hand. Then you won't have to match the buttons that come off, and little dresses will always look neat.

There isn't time to broadcast a menu today, but I have a dandy one for tomorrow-- beefsteak and French fried potatoes, and a new dessert. I'll broadcast it the first thing, so please be prepared.

Perhaps you'd be interested to know that requests for the Radio Cookbooks are coming in by the thousands. I sent one to a man in London last week, and yesterday mailed one to a woman in an American mission in Persia.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed., Feb. 23.

1.9
Jm 3Ffh
Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Today Aunt Sammy will broadcast directions for cooking the kind of a meal men never forget-- "Beefsteak and French Fried." Menu and recipes approved by the U. S. Bureau of Home Economics.

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The other day I was talking to the menu specialist who helps plan the meals I broadcast, and she asked me suddenly:

"Say, Aunt Sammy, have we ever broadcast a beefsteak dinner, with French fried potatoes?"

"Why, I don't believe we have! Think of it-- broadcasting Housekeepers' Chat for almost five months, and not including a dinner with Beefsteak and French Fried Potatoes! It's preposterous and humiliating!"

"Aunt Sammy," said the Menu Specialist, "have we ever broadcast a recipe for spice cake, or Washington pie, or old-fashioned creamy rice pudding?"

By the time we had made a list of the recipes we hadn't mentioned, we were almost downcast. But you know how it is, with so many things to do. As soon as I left, the Menu Specialist called the Recipe Specialist in, and the two of them went into a closed executive session, I think it's called.

Anyway, the next day my two friends sent me the best list of dinner suggestions I have ever seen, and enough recipes to keep you busy for a week at least.

Here's the first dinner menu: Beefsteak; French Fried Potatoes; Creamed Celery; Pickled Beets; Bread and Butter; and Orange Russe. Won't that please the family?"

Every one of the five food groups is represented in this menu. The five food groups, as you may recall, are Vegetables and Fruits; Efficient-Protein Foods; Cereal Foods; Sweets; and Fats and Fat Foods.

The steak belongs to the Efficient-Protein class. In this group are found milk, eggs, cheese, poultry, fish, and certain legumes, such as peanuts and soybeans. All these foods contain protein of a kind called "efficient," because the body can use it to especially good advantage in building new tissues, and repairing old ones.

[illegible]

[illegible] today that Sandy will broadcast [illegible] for a [illegible] the [illegible] a meal [illegible] never forget -- "Beefsteak and French fried." [illegible] approved by the U. S. Bureau of Home Economics.

[illegible]

[illegible] day I was talking to the [illegible] specialist who helps [illegible] the [illegible] extension service, and she asked [illegible] seriously:

"[illegible], have [illegible] readers a better [illegible] than French pressure?"

"Why, I say I believe we have Twin of them -- [illegible] from [illegible] the [illegible] station, and are inviting a [illegible] with [illegible] [illegible] Dutch dishes. It's [illegible] and [illegible]."

"[illegible]," said the home specialist, "have we [illegible] [illegible] and [illegible] the apple cake, or Washington pie, or [illegible] [illegible] [illegible] [illegible]."

[illegible] the time we had made a list of the recipes to [illegible] mentioned [illegible] [illegible]. But you know how it is, with so many things to do [illegible] [illegible] the two of [illegible] and have a closed executive session, I think [illegible] [illegible].

[illegible] day my two friends sent me the best list of [illegible] [illegible] [illegible]

Vegetables and fruits are well represented in today's menu. Potatoes, celery, beets and oranges. Vegetables and fruits are rich in mineral matter, which the body must have to build and repair bones, teeth, and other tissues, and to keep it in good running order. They also contain the vitamins necessary for health, and normal growth and development of the body, while the bulky material helps to prevent constipation. The green leaf vegetables, and such fruits as tomatoes, lemons, grapefruit, and oranges, because of the vitamins they contain, are often especially recommended for growing young people, although they are needed by everybody.

Bread and butter complete the menu. Bread belongs to the Cereal food class, the important group of foods which serve to keep the body warm, and supply it with energy. Butter belongs in Group V, with fats and fat foods, which are used by the body as fuel. Butter is particularly important because of its vitamins.

Now that I've told you what a good meal this is from the standpoint of nutrition, I'll tell you how to prepare it.

There are several important points on selecting and cooking a steak, so it will be rich and juicy. If you have never cooked a steak, you might like to take a few notes now.

(Read slowly)
A thick, small, steak is better than a thicker large one. If you select one of the tender kinds, such as porterhouse or sirloin, have it cut not less than one inch thick, and preferably thicker, and broil it over hot coals, or under a gas flame, or in a heavy skillet. Have the skillet very hot when the steak is put in, and merely rub it with a piece of suet to keep it from sticking. Do not have melted fat in the skillet to fry the steak. Frying makes a steak tough, and dry. Whether broiling the steak by the fire, or in the skillet, have the temperature high enough to sear the meat quickly, and hold in the juices. When a crust is formed on both sides of the steak, reduce the temperature, and cook to the desired stage of doneness. Be careful not to pierce this brown crust as you turn the steak, for this will allow the juice to leak out. Steak is more tender and juicy if served rare. Fifteen to twenty minutes is usually sufficient to cook a thick steak to the rare stage. Place the steak on a hot platter, sprinkle with salt, and dot it with butter, just before it goes to the table. By adding the seasonings after the steak is cooked, rather than during cooking, they will not draw the juices out of the meat.

If the steak is too tough to cook in this way, put it through the meat chopper, form it into cakes, and pan broil them by the same method.

So much for the steak. Hot, crisp French fried potatoes are next on the menu. I'll read the directions slowly, for French Fried Potatoes.

Vegetables and fruits are well represented in today's menu. Potatoes, celery, beets and oranges. Vegetables and fruits are rich in [illegible] water, which the body must have in [illegible] and repair bones, teeth, [illegible] tissues, and to keep it in good running order. They [illegible] the vitamins necessary for health, and normal growth and [illegible] of the body, while the bulky material helps to prevent constipation. The [illegible] vegetables, and such fruits as tomatoes, lemons, grapefruit, [illegible] oranges, because of the vitamin they contain, are often especially [illegible] for growing young people, although they are needed by everybody.

Bread and [illegible] complete the menu. Bread belongs to the cereal food [illegible] the body's most [illegible] of foods which serve to keep the body warm, [illegible] it with energy. Butter belongs in Group V, with fats and oils, [illegible] by the body as fuel. Butter is partially [illegible] important [illegible] its vitamins.

Now [illegible] you what a good meal this is from the standpoint of nutrition, [illegible] you how to prepare it.

There are [illegible] important points on selecting and cooking a steak, so it will be [illegible] tender. If you have never cooked a steak, you might like to take a [illegible] now.

[illegible]

[illegible] steak is better [illegible] than other kinds of meat. If you select one [illegible] the [illegible] such as porterhouse or sirloin, have it cut not less than [illegible] inch thick, and preferably thicker, [illegible] ounces, or under a pound in weight, or in a heavy skillet. Have the skillet very hot when the steak is put in, and merely [illegible] of heat to keep it from sticking. Do not have melted fat in the skillet [illegible] the steak. Frying makes a steak tough, and dry. Instead broil the steak by the fire, or in the oven. Have the oven [illegible] hot to sear the meat quickly, and hold in the juices. Then [illegible] both sides of the steak, reduce the temperature, and cook to [illegible] of doneness. [illegible] not to pierce this broth [illegible] steak, for this will allow the juices to leak out. [illegible] and juicy is served rare. Sirloin is twenty minutes [illegible] to cook a thick steak to the rare stage. Place the [illegible] sprinkle with salt, and dot it with butter, just before [illegible] table. By cutting the sensitive fibers the steak is [illegible] cooking, they will not [illegible] the juices out [illegible]

If the steak is too tough to cook in this way, put it [illegible] chopper, form it into cakes, and pan fried them by the [illegible]

So much for the steak. Not, quite French fried potatoes [illegible] the menu. Will [illegible] the directions slowly for French fried potatoes.

Peel and cut potatoes lengthwise into strips about one-half inch thick. Rinse the strips in cold running water, and soak for two or three hours in cold water to remove as much starch as possible. Dip them from the water, and pat them with a clean dry cloth to absorb as much moisture as possible. Heat a kettle of deep fat hot enough to brown a small piece of bread in sixty seconds. Fry about a cupful of potatoes at a time. Remove them from the fat when golden brown, drain on clean absorbent paper, and sprinkle with salt. Serve at once while hot and crisp.

Next, creamed celery. Here's the recipe specialist's own recipe, for creamed celery: (Read slowly.)

Clean the celery, and cut into pieces about three-fourths inch long. Cook in a small quantity of boiling salted water for 15 to 20 minutes, or until tender. Drain and combine with white sauce made in the proportion of 2 tablespoons of flour and 2 tablespoons of butter to 1 cup of milk. Season and serve at once. A few of the tender leaves of the celery may be minced and scattered over the top to make the dish look attractive.

The tougher stalks of celery from several bunches may be used in this way and the hearts served raw.

Instead of a salad, we'll serve pickled beets today. Pickled beets au natural, which is a Frenchy way of saying plain pickled beets.

And for dessert, an orange russe. This is such a tasty dessert, and such a good-looking one, that you'll be surprised how easy it is to prepare. Slice your oranges, and discard as much of the "rag" as possible. Do you have some sponge cake, left over from Monday? If not you can buy a few lady fingers, at the bakery. Arrange small pieces of dry sponge cake or lady fingers around the sides of individual glass dishes, or cups, and pile the oranges in the center. Then sprinkle with powdered sugar, or grated coconut, or pour soft custard over the fruit. Chill it thoroughly before serving.

It's been so long since I stated the menu, I'd better repeat it. Otherwise you might forget the beefsteak. The entire menu is: Steak; French Fried Potatoes; Creamed Celery; Pickled Beets; Bread and Butter; and Orange Russe. There-- I know you like that, and I'm going to phone to the Menu Specialist and the Recipe Specialist, right away, and tell them how much you appreciate their help. Perhaps if I do that, they'll give me a recipe for Washington pie, with a jam or jelly filling.

# # #

[illegible] Celery

[illegible] cut potatoes lengthwise into strips about one-half inch thick. [illegible] strips in cold running water. Be sure for one or more [illegible] in cold water to remove as much starch as possible. Dip them from [illegible] water, and pat them with a clean dry cloth to absorb as much moisture as possible. Heat a kettle of deep fat hot enough to brown a small piece of [illegible] in thirty seconds. Fry about a quarter of potatoes at a time. Remove when [illegible] the fat when golden brown, drain on clean absorbent paper, and [illegible] salt. Serve at once while hot and crisp.

[illegible] Cheese Celery. Here's the recipe specialized [illegible] for [illegible] celery: (Read slowly.)

[illegible] celery, and cut into pieces about three-fourths inch long. [illegible] generously of boiling salted water for 15 to 20 minutes, or until tender. Drain and combine with white sauce made in the proportion [illegible] of flour and a tablespoonful of butter to 1 cup of milk. [illegible] or more. A few of the upper leaves of the celery may [illegible] over the top to make the dish look [illegible].

The delicate stalks of celery from several bunches may be used in [illegible] and the hearts serve raw.

Instead of a salad, really serve pickled beets today. [illegible] Pickles, which is a Cronkhite way of saying plain pickles.

And for dessert, an orange cake. This is such a [illegible] cake, that you'll be surprised how [illegible] it is to make. Slice your oranges, and discard as much of the [illegible] as you know. As to make cake, left over from Monday? If not [illegible] or [illegible], or the bakery. Arrange small pieces on any [illegible] or [illegible] in a mound the sides of individual plates [illegible] pile [illegible] oranges in the center. Then sprinkle with powdered sugar, [illegible] so that, [illegible] will custard over the fruit. Chill [illegible] before serving.

[illegible] so [illegible], since I started the menu, I'd [illegible] [illegible] you [illegible] the dessertwise. The setting [illegible] [illegible] Cheese Celery [illegible] [illegible] and the Apple Dumplings, right away, and [illegible] [illegible] the dessertwise. [illegible] Anyway if I do that, [illegible] [illegible] Washington [illegible] like a jam or jelly filling.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Thurs. Feb. 24.

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NOT FOR PUBLICATION

ANNOUNCEMENT: Old walnut tables, kitchens, and a menu are included in Aunt Sammy's Chat. The menu and the recipe are opproved by the U. S. Department of Agriculture.

Reserve

* * * * * *

Only one question to answer today, after which I shall talk about kitchens, and broadcast a menu.

The question is from a listener in Norfolk, Nebraska, who asks how to refinish an old walnut table.

If the table has been varnished remove the varnish. Do this with fine sandpaper, or with a liquid varnish remover. As most of these liquid varnish removers are inflammable, be careful not to work in a room where there is a fire, a lighted lamp, or anything of the sort. After the varnish is removed from the table, rub it down with fine sandpaper, or with mineral wool, until the wood is smooth, free from varnish, and in good condition. When the wood is smooth, give it a coat of linseed oil and turpentine, using about 2 parts of linseed oil to one of turpentine, Rub this in thoroughly, and allow it to stand for several days. A piece of woolen cloth is convenient for use in applying the oil and turpentine mixture. After two or three days, rub the surface of the table with a fresh woolen cloth. Then give the table a coat of wax polish. There are a number of kinds of wax polish on the market, or one may be made at home. After a time, give the table a second coat, and in two or three weeks still another coat.

The wax polish should be applied in very thin coats, and rubbed down with a soft cloth for as long a time as possible. It is the rubbing, and the use of a little wax at a time, that develops the fine finish.

There may be other listeners who have walnut furniture, or other furniture to refinish this spring. I'd like to call their attention to the bulletins entitled "Floors and Floor Coverings," and "Housecleaning Made Easier." These contain practical information on refinishing wood, and on housecleaning by the most efficient and time-saving methods. The bulletins are sent free by by the U. S. Department of Agriculture.

Speaking of time-saving, I read an item recently about a woman who walked 27 miles a year, washing six plates, six cups, and six saucers. By following this woman with a piece of string, while she washed only six plates, six cups, and six saucers, in the usual way, and then measuring the string, it was found that she walked 27 miles in 12 months, carrying these 18 dishes from the table to the sink, and from the sink to the cupboard. She consider-

[illegible]

[illegible] today [illegible] I [illegible] tell [illegible] chum, are b[illegible] men.

The [illegible] from a [illegible] in Norfolk, [illegible] with an old w[illegible].

If the [illegible] remove the varnish. In this [illegible] easier, in will [illegible] lighter. [illegible] of [illegible] liquid varnish [illegible], be careful [illegible] in a [illegible] lighted lamp, or anything of [illegible] after the varnish is removed [illegible] rub it down with fine [illegible] with minerals [illegible] fine [illegible] condition. When [illegible] coat of [illegible] varnishing [illegible] of turpentine [illegible] this is [illegible] a piece of [illegible] cotton [illegible] white [illegible] Alcohol [illegible] surface of the [illegible] with a fresh [illegible] cloth. Then [illegible] of [illegible] rubber [illegible] or three [illegible] another coat.

The new polish should be applied in [illegible] with a soft cloth for as long a time as possible. It is [illegible] a little wax at a time, [illegible] the film.

There may be other listeners who [illegible] this spring. I'd like [illegible] "[illegible] and Fix-it Corner." [illegible] practical information [illegible] by the [illegible] efficient and time-saving [illegible] and building [illegible] by [illegible] Department of Agriculture.

Speaking of time-saving, I read an item [illegible] while. If [illegible] a very, washing [illegible] following. This [illegible] with a piece of [illegible] six [illegible] in the [illegible] found [illegible] the [illegible] sink, and from [illegible]

ed herself a very careful housewife, and wouldn't think of stacking her china. I'll wager she never broke a dish in her life.

Perhaps you have heard of the kitchen improvement work being done in many of the states. In one state, one hundred and ten women took part in a kitchen scoring contest last spring and summer, and improved their kitchens according to suggestions made by specialists from the state extension division, and home demonstration agents.

One of the women was eager to make the suggested improvements in her kitchen, but she couldn't do the carpenter work. Her husband worked long hours, and didn't have time to help her. Guess what happened? This sounds like a fairy story, but it's true. Her husband was struck by lightning, one day last May, and although not seriously injured, he was unable to do hard work for a couple of weeks. In those two weeks he built his wife a cupboard, put the woodbox on rollers, helped rearrange the working surfaces, and painted the walls and woodwork. While doing all this he became so interested in raising the score of his wife's kitchen that he piped water into it from a spring on the hill. His wife had a handy kitchen for the first time her life.

The moral is -- But what's the use of a moral, when it's impossible to control the lightning?

The women who improved their kitchens bought aluminum preserving kettles, double boilers, good quality paring knives, egg beaters that can be held comfortably, wooden mixing spoons, measuring cups, and various other articles that help make kitchen tasks easier and more efficient. Did you ever stop to think of the time saved by having a knife sharpener, a clock, and a pair of scales in the kitchen?

One woman who entered the kitchen scoring contest now has a wheel tray, which in one trip, from the kitchen to the dining room, carries the dishes the woman formerly made a dozen trips to carry.

Another woman hesitated to have her kitchen scored, because she thought the specialists would suggest that she buy a kitchen cabinet, but they didn't. They suggested that she have some shelves built, above her worktable. Her husband built these shelves and made glass doors for them. For less than five dollars, she had a storage and working space as convenient as an expensive kitchen cabinet.

Some of the women bought food choppers, and attached them to worktables or shelves where they would be handy for grinding left-over meat for sandwiches, or cutting up vegetables for relishes and pickles. They bought covered garbage pails. Others piped running water into the kitchen from hillside springs. They placed sinks and faucets near the stove and worktable, where the water is needed most frequently.

[illegible] a very [illegible] of [illegible] her chins. [illegible] the river bran[illegible].

Perhaps you [illegible] a [illegible] improvement [illegible] one in many of the [illegible]. In one stage, one husband [illegible] in a [illegible] spring and summer [illegible] according to [illegible] specialists [illegible] attention [illegible] have been [illegible].

[illegible] make the suggested improvements [illegible] men [illegible] work. He husband worked [illegible] and didn't [illegible] help her. [illegible] opened. [illegible] true. [illegible] struck [illegible] one day [illegible] alike [illegible] work for [illegible] weeks. In [illegible] he [illegible] his wife [illegible] on relief, [illegible] nursing [illegible] with [illegible] become [illegible] the [illegible] water into [illegible] the [illegible] for the first time [illegible] life.

[illegible] the [illegible] men life [illegible] [illegible].

[illegible] kitchen [illegible] cooking [illegible] measuring [illegible] and more [illegible] a [illegible] [illegible] the [illegible] clock, and a pair [illegible] scales [illegible].

One [illegible] which [illegible] for [illegible] a [illegible].

Another woman [illegible] specialists [illegible] They [illegible] dollies [illegible].

[illegible]

Twenty-four of the women raised their tables, sinks, and cabinets, to a comfortable working height. In one narrow kitchen, a hinged shelf was attached to the wall. The shelf could be used as a work-table when needed, and dropped against the wall, out of the way, when not needed.

Several women bought high stools to sit on while they mixed cakes, peeled potatoes, or washed vegetables. The let the dish drainers dry the dishes. They found that long-handled dustpans help prevent aching backs.

In August and September, when the second scoring was done, the kitchens were transformed. Dark, unsanitary walls had been painted light grey, buff, or some other color that would reflect the light, instead of absorbing it. Windows that would be opened only from the bottom were adjusted so that they could be lowered from the top, to assure better ventilation, and to provide for the escape of steam and cooking odors. A casement window made one dark kitchen into a light cheery one. Light-colored shades replaced dark ones. One woman had glass put in an outside door to furnish extra light. Oil lamps gas burners, and electric bulbs were placed so that the direct light would fall on the stove, the sink, and the worktable, so the worker would not be standing in her own shadow. Floors were given a waterproof finish or were dovered with linoleum.

I won't continue, with the story of the 110 kitchens which were made more convenient and attractive last summer, because I see you want the menu. But let me suggest that all of us take stock of our kitchens this spring, and see whether careful planning, good arrangement, and proper grouping of supplies and equipment would give us a higher score, supposing our kitchens were to be scored. By wearing pedometers, some women have found that they walk as much as eight or nine miles a day, in doing just their ordinary housework. And I suspect that they do most of their "hiking" in poorly arranged kitchens. If you are interested in making over your kitchen, send to the Department of Agriculture for the illustrated bulletin on "Convenient Kitchens."

Today's dinner is for those who are especially fond of vegetables. Here's the menu: Black-eyed peas, or kidney beans; stewed tomatoes and onions: lettuce salad with French dressing; and for dessert, Washington pie with jam or jelly filling.

You know how to soak and cook peas and beans: you can stew tomatoes and onions; and lettuce salad with French dressing needs no explanation.

But you may not be familiar with Washington pie, which is not a pie, at all. It's made with cake. If you have a good foundation cake recipe, use it, and bake your cake in two layers. Then spread one layer with jam, or jelly, or marmalade, for filling. Place the second layer on the first one, and sprinkle the top with powdered sugar.

If you do not have a good foundation cake recipe, I'll give you one now. The eight ingredients are as follows:

[illegible]

[illegible]

[illegible]

1 cup milk	4 teaspoons baking powder
3 cups soft wheat flour	1-1/2 cups sugar
1/2 cup fat	1/4 teaspoon salt
2 or 3 eggs	1/2 teaspoon flavoring

I shall read the eight ingredients again: (Repeat)

Place the fat in a warm place until it becomes soft, though not melted, so that it may be combined easily with the sugar. After the fat and sugar have been thoroughly combined, stir in the beaten egg yolks. Then add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. At the start, add only a small quantity of liquid. If too much liquid is added, it dissolves the sugar, and then the fat separates into large masses and has to be combined with the other ingredients by beating. Add the flavoring, and fold in the well-beaten egg whites. Pour the batter into two pans which have been lightly greased and floured. Take care to spread the batter evenly. The oven should be moderately hot, about 375 degrees Fahrenheit.

This foundation cake is rich enough for most purposes, especially if baked in layers and put together with a filling, as for Washington pie.

The entire menu again: Black-eyed peas; or kidney beans; stewed tomatoes and onions; lettuce salad; and Washington pie.

Tomorrow I shall broadcast a number of menus.

* * * * * *

one milk
cups soft wheat flour
[illegible]
[illegible]
[illegible]

I shall [illegible] the eight ingredients [illegible] [illegible]

[illegible] the ice in a [illegible] place until it becomes cold. Meanwhile, [illegible] [illegible] [illegible]

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat Fri., Feb. 25

PROGRAM..... RELEASE.....

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Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: "Meal Planning" is the subject of today's chat. All information approved by the U.S.Bureau of Home Economics.

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During the next three minutes, while I'm getting started, I wish every one interested in meal-planning would find a pencil, and a piece of paper. I'll tell you why, in a minute.

My inspiration for today's program is a letter from Iowa. "I should like to know," writes my radio friend, "what you would do if you were confronted with the task of planning seven dinners, from five or six staple foods, for instance: pork, potatoes, cabbage, apples, milk, and bread and butter. Can anybody prepare seven well-balanced, attractive, and different meals, from pork, potatoes, cabbage, apples, milk, and bread and butter? I will listen-in Friday, for the answer."

It is Friday, and I shall attempt to answer the question.

First, let's write down, everybody, the foods we are dealing with: pork, potatoes, cabbage, apples, milk, and bread and butter. That's not a bad list-- in fact, I think we can plan seven pretty good meals from these foods. Not that any of us would want to be limited to pork, potatoes, cabbage, apples, and so forth, but if we were, I think we could plan a series of dinners which wouldn't be monotonous. What we need now is imagination. We must visualize these seven meals, so they will not resemble each other.

As everybody knows, there are two ways of obtaining variety in meals: First, by using different food materials; and second, by using different methods of preparing the same food materials. The first is fairly easy. Haven't you said, time and again, of some woman you know, "Well, of course she can cook! She has everything she wants to cook!"

The second way of obtaining variety in meals, by using different methods of preparation, is not so easy as the first, but it presents a much more interesting problem, I think.

Before we plan these seven meals, let me read you a paragraph on meal planning that I've been wanting to read for a long time. Here it is:

[illegible]

[illegible]

During the [illegible] days, [illegible] I was [illegible] in [illegible] [illegible] and [illegible] of [illegible] [illegible], in [illegible].

[illegible] programs [illegible] would do if you were [illegible] [illegible] [illegible] [illegible] fire or [illegible] [illegible] [illegible] [illegible]

"Foods, like notes of music, can be arranged to make many different harmonious combinations. Too many times, meal planning is not taken seriously enough, and too often it is thought that this important work can be satisfactorily handled by someone who is mentally unable to handle any other job. Inferior people can be trained to do the necessary cooking, but the planning of balanced meals takes intelligence, and is of too much consequence to be relegated to just anyone who can conveniently assume the responsibility. It is not enough that a sufficient amount of food is gotten on the table three times a day. Each meal should appeal to those who are there, should be eaten in its entirety, and should not only satisfy the appetite, but should supply nourishment in the proper amounts, if it is to be complete.

"Simple, well planned meals, are in better taste than intricate ones, which have no special plan. Much labor and time is saved when a housewife plans her meals so that they are effective without being elaborate. The additions of extra foods, such as jellies, jams, and pickles, add only expense to an already complete meal. If they are to be used, they should be definite additions, planned to augment the color, flavor, or texture, never added just because it is convenient to put them on the table.

"Make meals interesting by rearranging the foods which are seasonable, inexpensive, and popular, with those you are feeding. Think of meal planning as a science which needs your best efforts, and yields large returns for the time and thought spent on it."

Now, using your imaginations, your pencils, and your paper, let's see what we can do, with Pork, Potatoes, Cabbage, Apples, Milk, and Bread and Butter.

Make a list of the menus please, so you can compare the various methods of preparing each food.

How's this, for Menu Number I: (Read slowly).

Spareribs; Sauerkraut; Baked Potatoes; Cornbread and Butter; Brown Betty with Cream.

Menu Number II. -- Roast Pork; Browned Potatoes; Baking Powder Biscuits and Butter; Hot Slaw; Apple Snow with Custard Sauce.

Menu Number III. -- Pork Tenderloin; Riced Potatoes; Cabbage with French Dressing; Apple Jelly; Graham Muffins and Butter.

Menu Number IV. -- Pork Pie; Mashed Potatoes; Cabbage Salad with Peppers; Bread and Butter; Baked Apples with Raisins.

[illegible] kind of [illegible], can be [illegible] to [illegible] many different [illegible] [illegible] any [illegible], [illegible] planning is not taken [illegible] [illegible] it is [illegible] that the most important work [illegible] [illegible] [illegible]

Menu Number V. -- Boiled Ham; Scalloped Potatoes; Quick-Cooked Cabbage; Whole Wheat Bread and Butter; Applesauce.

Menu Number VI. -- Cold Sliced Ham; Creamed Potatoes; Fried Cabbage; Graham Bread and Butter; Apple Tapioca.

Menu Number VII. -- Pork Loaf, Creamed Cabbage; French Fried Potatoes; White Muffins and Butter; Apple Dumplings.

That's seven, is it not? Just to show you what can be done when you set your mind to it, I'll give you another menu: Potato soup; bacon and fried apples; cornmeal muffins and butter; and a salad of peppers stuffed with cabbage. Use any beverage desired, with these meals.

Look at your list of menus now. Take potatoes. Prepared in seven different ways: Baked, Browned, Riced, Mashed, Scalloped, Creamed, French Fried and Potato Soup. If we were planning more meals, we might have stuffed potatoes, fried potatoes, potatoes with cheese, plain boiled potatoes, parsley butter potatoes-- and 30 or 40 other kinds of potatoes, if we had time to list them all.

Now take the apples: We have used apples in seven ways; Brown Betty with Cream; Apple Snow with Custard Sauce; Apple Jelly; Baked Apples with Raisins; Applesauce; Apple Tapioca; Apple Dumplings; Fried Apples and Bacon. See how easy it is?

Look at the various forms of bread; Cornbread; baking powder biscuits; graham muffins; white bread; whole wheat bread; graham bread; white muffins; cornmeal muffins. Not to mention nut bread; raisin bread; parkerhouse rolls; and cinnamon rolls.

Remember, I'm not advising <u>anyone</u> to use the same foods in her meals, week after week, but, when only certain foods are available, it's up to the housewife to do the best she can with what she has. Two, or perhaps three, of these meals could be served in a week, and the family would probably not realize that the same types of food were being served.

Fortunately, most of us are <u>not</u> limited to five or six foods. We have a variety of meats-- pork, beef, veal, mutton, lamb, poultry, fish, and game. We don't have to depend on Irish potatoes and cabbage when there are other vegetables on the market -- sweet potatoes, celery, lettuce, onions, spinach, cauliflower, asparagus, beans, peas, etc. We need not eat apples every day, when oranges, grapefruit, canned and dried fruits are obtainable.

But you see what <u>can</u> be done with five or six common foods. As

[illegible] V. -- Soft [illegible] scrambled [illegible]; quick-cooked [illegible] meat [illegible] [illegible] butter; [illegible].

[illegible] VI. -- Cold [illegible] and creamed [illegible]; fried [illegible] [illegible] [illegible] [illegible].

[illegible] VII. -- Corn [illegible], creamed [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]'s seven, is it [illegible] "[illegible]" can be done when [illegible] [illegible], [illegible] gives you another [illegible]: [illegible] [illegible] [illegible] [illegible]; [illegible] and butter; and a salad of [illegible] stuffed with cabbage. Use any beverage desired, with these meals.

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] potatoes. Prepared in [illegible] [illegible] [illegible], Browned, Hashed, Hashed, [illegible], [illegible], [illegible] and [illegible] [illegible]. If we were planning [illegible] meals, [illegible] [illegible] [illegible] potatoes. Fried potatoes, potatoes with cheese, [illegible] [illegible], parsley, [illegible] [illegible] and [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

a matter of fact, our grandmothers, if they were among the early settlers, probably prepared a good many meals with less than five or six types of food.

Now, suppose that you have in the house, besides such staple articles as flour, butter, eggs, cornstarch, sugar, and so forth, the following eight foods: (Write this down, please.) Round steak, rice, canned tomatoes, canned string beans, canned peaches, milk, lettuce, and cocoa. In my kitchen cabinet I have twelve different menus made from these same foods. I'll repeat the list, so you'll be sure to get them: Steak, rice, canned tomatoes, canned string beans, canned peaches, milk, lettuce, and cocoa.

Don't you get tired of having me plan your meals? I thought so. Here's a chance for you to plan your own dinner, for tomorrow or Sunday, using the foods I've mentioned, in any combination you please. Plan a few menus on paper first, then prepare the one which will appeal to your family. I wish it were possible for me to find out all the different menus which can be made from these foods. We'd probably have at least a hundred good menus, instead of a dozen. If you plan a menu which your family praises highly, let me know what you prepared, so I can broadcast it. I mean so I can broadcast the menu.

Planning meals is likely to become a worrisome task, in the season between winter and summer, unless we housewives exercise our ingenuity, and our imaginations.

If you are in "dead earnest" about this business of planning meals, and will write me about it, I'll send you some bulletins which will help you. And the Radio cookbook is free to all regular listeners of Station _____.

Next Monday I shall give you another menu, and a recipe for Swiss steak.

# # #

[illegible]

[illegible] you [illegible] in the house, [illegible] [illegible] artificial [illegible] fur, rubber, [illegible] [illegible], [illegible], and [illegible] [illegible] [illegible] thought: (Write this down, please.) [illegible] steel, [illegible], [illegible], canned [illegible] [illegible], canned [illegible], canned peaches, milk. [illegible] [illegible]. In my kitchen cabinet I have twelve different [illegible] [illegible] [illegible] [illegible]. I'll regret the list, so [illegible] [illegible] [illegible] [illegible], canned [illegible], canned [illegible], [illegible] [illegible], [illegible] [illegible], [illegible], [illegible], [illegible].

[illegible] [illegible] [illegible] [

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Mon. Feb. 28.

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9m3
Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: There are recipes enough in today's Chat to please all the women, and a dinner menu which will please all the men and children. Recipes and menu are from the U. S. Bureau of Home Economics.

* * * * * *

I'll ask you to have pencils and paper at hand today, because I'm going to talk about food, and cooking, and give you two or three recipes. The menu is fashioned around a Swiss steak, and if you are not "up" on the preparation of Swiss steaks, you may want to take notes.

I shall talk about nothing but food today, so for once no one dan say of my chat, as the old gentleman said of the dictionary, "It's a very interesting book, but the subject changes too frequently."

One question remains to be answered, before February skips out of the calendar. And here is the question: "Are partially ripe bananas harmful to children? Can you give me a few simple ways of serving bananas?"

Partially ripe bananas, that is, bananas with green skins or tips, are like raw potatoes. They should not be eaten raw, by either children or adults, but they are often served cooked. As I've said before, bananas owe their chief food value to the carbohydrates they contain. Carbohydrates supply energy for the body. In bananas which are not ripe, this carboydrate is in the form of starch. When bananas are baked, the grains of starch break up, just as when potatoes are baked, and the starch is then more easily digested.

As bananas ripen, the starch changes to sugar. This sugar in fruit is quickly absorbed by the body. Children should never eat bananas which are not fully ripe. The fruit is not thoroughly ripe until the skin is mottled with brown.

The second part of this question is a request for simple ways to serve bananas. The very simplest way is to serve them raw, but ripe. Put one in the child's lunch box occasionally. Slice them over prepared breakfast foods, to give variety to the morning meals.

Serve bananas in salads. An attractive salad is made of oranges and bananas, on lettuce leaves. Sprinkle with chopped nuts, and serve with French dressing. Another good combination is bananas and grapefruit, with a red cherry or a bit of bright jelly, as a garnish. If you want a more elaborate salad, use pinapple, oranges, grapefruit, bananas, cherries, grapes, and chopped nut meats.

Served on lettuce, with a dressing, this makes a delicious mixed fruit salad. Served in sherbet cups' with fruit juice and without the nuts and the dressing, it is an appetizing fruit cup dessert.

And speaking of banana desserts, what could be more tempting than a banana cream pie? I'm going to give you a recipe for Cream Pie, and then I'll tell you how to transform the cream pie into a banana pie. For cream pie you will need seven ingredients:

2 cups milk or cream
1/2 cup sugar
Salt
2 egg whites and 2 tablespoons sugar for meringue
4 tablespoons flour
2 egg yolks
Vanilla

Seven ingredients, please. Look well, and see that you have seven ingredients. (Repeat ingredients)

Scald the milk or cream in a double boiler. Add the flour, sugar, and salt, well mixed together, to the hot milk or cream, stirring constantly until it thickens. When the flour is thoroughly cooked, add the beaten yolks and vanilla. Beat with an egg beater and pour into a baked crust. Spread the meringue over the top and place in cool oven for 15 to 20 minutes, then increase heat until it is nicely browned.

If you want a plain cream pie, use the recipe as it is. If you want to make a banana cream pie, add sliced bananas to the custard. They may be added either before or after the custard is cooked, and meringue may be added or not, as desired.

The next thing onthe program is a dinner menu, built around Swiss steak. The menu is Swiss steak; baked sweet potatoes, or hot riced potatoes; spinach, kale, or whatever green vegetable is available; dill pickles, and baked bananas with lemon sauce.

That is a well-balanced meal, and I'll tell you why. A well-balanced dinner should contain efficient protein - that's the Swiss steak; starch- that's the potatoes, the bananas, and the bread which you will of course serve with the dinner; a green vegetable - that's the spinach or the kale; fat - that's the butter and the fat in the meat; a sweet - that's the sugar inthe baked bananas. Especially rich sources of vitamins in this dinner are the canned tomatoes with the Swiss steak, the green-leaf vegetable, the butter and the lemon juice in the baked bananas. We are almost sure to get our share of vitamin A B C's this time.

Swiss steak requires five items. Please write them down, unless you are already acquainted with the preparation of Swiss steak. The ingredients

needed are:

4 pounds round or rump steak about 3 inches thick
3 tablespoons fat
1/2 cup flour
1-1/2 teaspoons salt
2-1/2 cups of tomato juice and pulp, or hot water

Perhaps it would be well for me to repeat the ingredients: (Repeat)

Sift the flour and salt together. Beat them into the steak with a meat pounder or hammer. Melt the fat in a large, heavy iron skillet, and sear the meat well on both sides in the hot fat. Pour the tomato juice and pulp or the water over the meat, cover tightly, and let cook slowly for one and one-half hours, or until the meat is so tender that it can be cut with a fork. Add more liquid fromtime to time if needed to keep the meat covered. There should be plenty of rich gravy to serve over the meat. Onions may be added if liked, and should be browned and cooked with the meat. Serve with the Swiss steak either baked sweet potatoes, or hot riced potatoes. The dessert is a little unusual -- baked bananas with lemon sauce. I broadcast this recipe two or three weeks ago, but as there may be new radio friends listening-in today, I'm going to repeat it. Five ingredients are needed for the Baked Bananas with Lemon Sauce:

6 ripe bananas
1/3 cup sugar
2 tablespoons melted butter
2 tablespoons lemon juice
1/8 teaspoon salt

Five ingredients: (Repeat)

Skin the bananas, scrape them lightly to remove the stringy portion, and split them in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake ina hot ovenuntil brown. Serve from the dish.

And that concludes the menu. Swiss steak; Baked Sweet Potatoes or Hot Riced Potatoes; Spinach; Kale, or some other green-leaf vegetable; Dill Pickles and Baked Bananas with Lemon Sauce.

Tomorrow, unless I change my mind over night, I'll tell you about my Sewing Club party. According to the announcement in the paper, "delicious refreshments were served," so you know it was a successful affair.